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### HALL'S

## JOURNAL OF HEALTH,

FOR 1854.

HEALTH IS A DUTY .- ANON.

"MEN CONSUME TOO MUCH FOOD AND TOO LITTLE PURE AIR; THEY TAKE TOO MUCH MEDICINE AND TOO LITTLE EXERCISE."—Ed.

"I labor for the good time coming, when sickness and disease, except congenital, or from accident, will be regarded as the result of ignorance or animalism, and will degrade the individual, in the estimation of the good, as much as drunkenness now does.—IBID.



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### HALL'S JOURNAL OF HEALTH.

VOL. I.]

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[NO. I.

#### EDITOR'S ADDRESS.

THE first and immediate aim of the good and great physician, is to restore his patient to health in the shortest time, with the smallest amount of medicine, and with the least discomfort practicable; when this is accomplished, he has a more elevated ambition; an object nobler and still more humane presses upon his attention, the prevention of all disease. This good time may not come, in the broadest acceptation of the terms; but for generations past, medical men have so steadily labored in that direction, and do still labor, that the average duration of human life has been constantly raised.

"In the latter part of the sixteenth century, according to Professor Joseph R. Buchanan of Cincinnati, "one half of all who were born, died under five years of age, and the average longevity of the whole population was but eighteen years.

"In the seventeenth century, one half of the population lived over twenty-seven years. In the latter forty years, one half exceeded thirty-two years of age.

"At the beginning of the present century, one half exceeded forty years of age; and from 1838 to 1845 one half exceeded forty-three years—that is to say, in the sixteenth century one half of all who were born lived only five years, while in the present century, which is the nineteenth, one half of all who are born live to the age of forty-three years." To accomplish such magnificent results, educated and honorable physicians have devoted their energies with increasing success for the last three hundred years; and to them the world owes a debt of gratitude which cannot be easily computed. And thus they labor still, hoping for yet higher results from the diffusion of general knowledge as to the best methods of preserving health, by teachings as to the laws of our being in relation to air, exercise, food, sleep,

personal habits, clothing, the locality and construction of houses, and the management of infants. And aided by the ever-widening influences of the principles of the christian system, which, by inculcating, as one of its cardinal elements, "temperance in all things," strikes at the very root of disease, we may reasonably hope that, when the true knowledge covers the earth as the waters cover the face of the great deep, the ordinary average of human life will be the full three-score years and ten, or even four-score years, which will then not be years of labor and sorrow.

The world would hail it as a glad event, if physicians could be so educated as to cure all disease; but it would more largely add to its happiness if all could be so well instructed, as to the first symptoms of every ailment, as to be able at once to arrest its progress, and thus no physician be needed to cure; and yet any one must know, that if men could be so taught to live that disease would not be possible, half the sufferings of humanity would be annihilated. And for this I labor.

To teach men how to avoid disease was the idea which first prompted the determination to publish this periodical, and the only pledge or promise I can give is, that whatever is herein published, will be designed more or less directly, in my opinion, to tend in that direction.

My first purpose was to issue a publication for the particular benefit of clergymen and theological students; and in order to secure their special attention, I designed calling it a "Journal of Clerical Health," which, while it would be understood as applicable to them, would as well meet the wants of all students, of professional men, and of women in general, their occupations being alike sedentary; but its present designation was finally thought to be the more desirable one, while it need not interfere with the object first contemplated.

I consider it proper for me to say here, that perhaps a larger proportion of my patients are clergymen or theological students, than of any other allopathic practitioner in our country, arising very naturally from the fact that, for more than ten years past, I have devoted my attention to those maladies which most generally prevail among the classes named, to wit, those chronic diseases which implicate the throat and lungs.

From the disclosures made to me professionally, in the course

of my practice, my mind has been painfully impressed, almost daily, with the conviction that the most useful and efficient men in the community are often lost to society, the church and the world, from a remarkable ignorance of some of the simplest laws of their being. This is not to be wondered at; for, from the nursery, through the primary schools, the academy, the college, the seminary, to the study, not one single lesson is given how to save from a premature death the man who has prepared himself to act in the great drama of the world, by the expenditure of thousands of money, and a score of years of incessant and painful labor and study and research.

According to the present generally received views of preparatory professional requirements, the student who has his diploma. the pulpit or the bar in view, has no time for other than studies which qualify him directly for graduation in the university or the seminary; in fact, so many studies are compressed in such a comparatively short period, that there is not even time for a young gentleman of medium abilities to fully master the most essential elements, or if he does, it is from such close and incessant application that often, with commencement-day, he dies! or if he survives its reaction, his licensure is too frequently clouded and then closed forever, by the stealthy poison of a disease instilled during the diplomatic race. Many a reader of mine will be stricken with the painful remembrance of cases like these in his own sphere of observation, of energies and abilities early blighted, which, had the possessor of them enjoyed the health to work. might have stirred a nation to high resolves.

#### What is not designed.

This Journal is for the people, and is not intended even to admit a single medicinal recipe, although it may be as "simple" as syrup of loaf sugar, and as "harmless" as a "vegetable"——pill; prussic acid being also "vegetable."

It is not contemplated to issue a series of prose essays on "Physiology" or "Hygiene," nor to enter into technical and learned disquisitions on the chemical analysis of food, the philosophy of cell life and development, nor indeed any systematic expositions, but simply in short articles, in plain English, to treat on such subjects, as may present themselves from time to time, calculated to bear upon the great points,

How to determine disease in its very first approach.

How to arrest it at once by natural agencies,

How to live so as to prevent sickness.

I desire, not promise, that each article shall be complete in itself.

As mine is a consultation practice, and strictly confined to chronic ailments of the throat and lungs, the reader need not be surprised if I give more attention to Bronchitis, Throat Ail, Consumption and Dyspepsia, because this last is sooner or later inseparably connected with the others, than all others together, in fact they are the main scourges of literary men; but when it is considered that almost all disease comes through the stomach or the lungs, the range will be sufficiently wide for the wildest liberalist.

The design of this Journal is strictly practical; practical in the every-day sense of the word: its teachings will accompany the reader in nearly all the occupations of life; every hour of the day will afford him opportunities of carrying out its principles, not as a weary, fretting task, but in the way of an intelligent and pleasurable observation. The accomplished geologist, while traveling over barren wastes and rocky hills to explore some distant golden district, can make every pebble and every lump of earth minister to his instruction and amusement, without its at all interfering with the main object of his journey: just so may a man's mind be so well stored with intelligent information on the subject of health, and the general laws of life, that observations may be made on these every hour of his waking existence almost. with pleasure and with profit, without at all interfering with the main business of life, and also without having any undesirable influence on mind or body; for he may do this without being forever engaged in looking out for symptoms, aggravating those present or imagining those which are not. In short, the Journal will embrace whatever the Editor thinks will tend to the convenience, comfort, health and perfection of the physical man, as far as that can be done without the recommendation of any internal medicine, that being the appropriate business of the family physician, and no other than a physician can safely do it. And the man who takes medicine of any kind on his own responsibility, is as sensible as he is said to be who pleads his own cause at the bar, or the wholesale merchant or banker, who, to economize, spends an hour in mending an old shoe, or in sewing on a missing button. A man will seldom attempt to mend his watch that is out of repair, for fear he may do it a greater injury, and yet multitudes of otherwise sensible people are tinkering and tampering with their constitutions by the use or application of remedies of whose qualities they are wholly ignorant, and of whose effects they have never had any experience; and were it not for the rudeness of the expression, I would almost say that the man who uses a patent medicine is a fool, and the one who sells it to him is a knave or an ignoramus.

The subjects presented from time to time will be such as

How to eat.

How to sleep.

How to exercise.

How to dress.

How to walk.

How to read in public.

How to declaim with ease and fluency.

How to select food so as to make it both nutritive and medicinal.

How persons become dyspeptic.

How and why the health of the young so often begins to fail while pursuing an education.

How they may so conduct their studies as to preserve the health, and yet accomplish in the course of the year a larger amount of mental and literary labor.

If an essay is admitted, it will be among others from eminent practical dentists, as to the best means of preserving the teeth perfect to the close of life, as perfect teeth are essential to a distinct enunciation, which is of indispensable importance to public men, whether professional or literary.

I will endeavor to make this publication such an one as will be proper for the youth of both sexes to read with increasing interest and attention, so as to induce them early, while the constitution is yet vigorous and unimpaired, so to study the nature and effects, on the human frame, of food, clothing, air, exercise, cheerfulness, system, industry, profitable and interesting employment, as will be an effectual guard against those negligences and indiscretions which so often lay the foundation for an early grave and the utter blasting of parental hope; for none but an

affectionate parent can ever know the abiding anguish which rends the heart, to the last day of life, the remembrance of a son or daughter early dead, and I know that such anguish could be prevented in multitudes of hearts, if the principles were early inculcated, which this Journal will advocate from time to time; and my hope is, that the father or the mother of a family will not only take a copy for their own use and constant reference, but will also order a copy for one or more of their children, which, from the fact of its being their own, will secure their personal interest in it, which cannot be done so well, when taken for the whole family.

#### Eating and Drinking.

I believe that unwarranted and monstrous errors are propagated, by different writers, on the subject of food and drink. Each man has a whim or hobby, so that it has at length come to the point that if a man will live healthfully to a great age, say a hundred and fifty or two hundred years, he must eat nothing but grapes and drink nothing but rain-water. The gentleman who advocates the grape diet contends that wheat bread ought not to be eaten, that it has too much earth in it, and tends to stiffen a man's joints and muscles half a century sooner than if he subsisted on grapes.

#### Tea and Coffee.

There are certain districts in the United States where new notions of every description flourish with amazing vigor, as far as the number of converts are concerned; among these mere notions are the injurious effects of tea and coffee as a daily drink.

I think that it is demonstrable that a single cup of weak tea or coffee at a meal, especially in cold weather, and most especially in persons of a weakly habit or constitution, is far more healthful than a glass of cold water.

Tea and coffee doubtless do injure some people—that is, some persons may not be able to drink them without its being followed by some discomfort; so will even water, if used too freely; and I think it will be found that, in nearly every such case of uncomfortableness after a cup of tea or coffee, this condition of things has been brought about by the too free use of these articles, or that the tone of the stomach has been impaired by improper eating.

Man is styled an omnivorous animal, an animal eating everything. No created animal can eat and drink, without discomfort, half the articles consumed by man. I know very well that men die before their days are half numbered, in consequence of errors in eating and drinking; but these disastrous results do not arise from the quality of man's aliment, but from its quantity—it is the quantity which prematurely kills millions. A sensible man may eat almost anything with impunity, a simpleton nothing; the former eats like a philosopher, the latter like a pig. The former eats as much as he wants, the latter eats more than he wants.

In small quantities, and occasionally, many things may be eaten with advantage, which, if eaten continuously for weeks and months, or in inordinate amounts, would occasion serious results. There are also times and seasons for different articles of food; for example: fruits and berries, when ripe, fresh, perfect, may be freely eaten in the earlier parts of the day, but if largely eaten after sundown, especially at some seasons of the year, actually endanger life, and have destroyed thousands.

#### Milk.

Many persons imagine that the milk of cows is one of the most healthful of all articles, and yet it is a great mistake, except under certain limitations. By stout, strong, hardy, industrious out-door working men it may be used advantageously for breakfast and dinner, but, except in tea and coffee, and now and then half a glass for breakfast or dinner, it is not a proper article of food for invalids. In many instances patients have said to me, "I used to be a dear lover of milk, but I thought it made me bilious, and I have ceased using it altogether." This is the common-sense observation of ordinary men, one that, without any theory and against a life-time of prejudice, has forced itself upon the attention.

The rule that a man may eat almost anything with impunity, applies to one in good health, eating in moderation, according to the quality of the food, but when an invalid is to be fed, very different principles are to govern.

In all that I may say, I ask credence for nothing, except in proportion as it is followed up by the argument of whole facts.

#### MUNIFICENCE OF DR. NOTT.

The following statement from the Albany Evening Journal, in reference to a great and good man, is here given at length, as bearing directly on one of the main objects of this Journal, THE PRESERVATION OF THE HEALTH OF STUDENTS. It is a step forward in the right direction, for which the Editor has spoken and written for nearly twenty years, to wit, the establishment of a professorship in colleges, for the express purpose of imparting instruction in reference to the preservation of the constitutions of the young. It carries with it more than ordinary weight, since the importance of it has forced itself on the mind of the President of a college. from the observations of half a century. It is within a day or two that I read a notice of the death of a young gentleman, and with a change of name only it would be an appropriate obituary of thousands of others. "He was the son of the pastor of the old church, who had educated his children, and they were noble men. He was a great favorite, and deservedly so. He was not well when he returned from college after graduating, and after a few weeks of struggling, he gave up entirely, and lay down in his father's house to die. It was a terrible blow to the father and the family." And well it was. How terrible! none but a father can ever know. And it is to prevent the re-occurrence of such incidents, by hundreds every year, that this publication is undertaken, and that Dr. Nott has founded a perpetual professorship in the last item but one of his princely donation:

"Albany, Dec. 29, 1853.

"We spoke yesterday of a day of full and complete vindication for Dr. Nott. It has come.

"There was a time, not long since, when it seemed possible that vague charges, maliciously originated and ignorantly spread and prosecuted, might be allowed to outweigh, in the public estimation, the acts of a long, upright and useful life. That time, we are glad to be convinced, is not only passed, but, in the facts given below, there is a guarantee against it ever returning.

"It is just fifty years since Dr. Nott was called from the Presbyterian Church in Albany to the Presidency of Union College, then a feeble and puny institution, struggling for its very existence. He gave up the brilliant professional career that was opening before him, and devoted his time and his great abilities to the College, and through it to the advancement of Christian Education. How well he has succeeded is best testified by the thousands who have profited by his instructions. There is hardly

a school district of the State, or a Church, or a Court of Justice, or a Legislative Session, that has not at one time or another felt his teachings through the divines, the lawyers, the teachers and the statesmen, that have been his pupils. His eulogy is not written, but living and breathing around him. And, in the meantime, the College has gradually become the largest, the richest, and the most celebrated, west of the New England line, and not inferior to those two which it has taken New England centuries to build.

"At the same time he made himself known as an inventor and author, and by laborious research and industry has been amassing a large private fortune. But this, also, he has jealously kept sacred, not for himself, but for the cherished objects of his life. Grown to almost princely proportions, he uses it now, in accordance with his long-entertained purpose, in a series of endowments that will place Union College above every similar institution in the land.

"The action of the Board of Trustees, at their meeting at Schenectady yesterday, explains how this is to be done, and how it is received. At some future time we hope to give the report in a more extended and complete form. The invitation in the concluding resolution will be responded to by the assembling of an army of graduates for congratulation, not only of their venerable Preceptor, but of the College, the State, and themselves.

"'This Board having witnessed, for several years past, the unceasing efforts made to impair the public confidence in this institution, and to injure the character and destroy the usefulness of our distinguished President, have, with him, waited their time with full confidence in an ultimate and triumphant result. day, in pursuance of a determination formed and expressed more than twenty years ago, and the effectual accomplishment of which was many years since secured by the proper legal papers to take effect in the event of his unexpected decease, Dr. Nott has delivered to this Board, in trust, for the use of the College, money, securities and property of the estimated value of more than six hundred thousand dollars. This result, the fruit of individual skill and far-sighted policy, with donations previously made, show the noble disinterestedness which has marked his whole administration of the affairs of Union College, and which entitles him to the highest credit and honor, and to the lasting gratitude of all friends of education, and of the amelioration of our race; therefore.

"'Resolved, That the Trustees representing the College, and as individuals feeling a deep interest in the cause of education, tender to our venerable President our warmest thanks for his noble and disinterested conduct, for the moral courage and firmness with which he has met the assaults made upon his character,

and for his munificent endowment of the institution committed

to our charge.

"'Resolved, That we earnestly request all the graduates of Union College to meet us at the next annual commencement, and unite in congratulations to Dr. Nott at the then close of fifty years since he entered on his duties as President, and to rejoice with him and with us in the prosperity of this institution, to the advancement of which he has so successfully devoted the energies of a great mind for the thus unexampled period of half a century.'

"The following are the endowments. The several sums are to form a perpetual fund, the income only being used for the

various purposes:

For the establishment of nine Professorships, \$1,500 ea	ch, per
- 4.	225,600
annum, Six Assistant Professorships or Tutorships, at \$600 per	
annum,	60,000
Observatory,	20,000
Sixty-eight Auxiliary Scholarships,	50,000
Fifty Prize Scholarships for under graduates,	50,000
Nine Prize Fellowships for graduates, \$300 each, per	
annum,	45,000
Cemetery and Pleasure Grounds,	20,000
Philosophical, Mathematical and Chemical Apparatus,	10,000
Text Books,	5,000
Scientific, Classical, Philosophical, Theological, Medical	
and Law Books,	30,000
Cabinet of Geological Specimens,	5,000
Historical Medals, Coins, Maps, Paintings, and other	
Historical Memorials,	5,000
Lectures on the Dangers and Duties of Youth, especially	
Students; the Development and Preservation of the	
Physical, Intellectual and Moral Constitution of Man;	
Preservation of Health, and on the Laws of Life, .	10,000
To meet taxes, liens, assessments, incumbrances, insur-	
ance, and compensation to Visitors, and to make up	
any deficiencies in the income of any of preceding	
principal sums, so as to secure the attainment of the	
objects and purposes designed,	75,000
Total,	310,000

<sup>&</sup>quot;There are to be five Visitors appointed, charged with the duty of acting in connection with the Trustees, and seeing that these trusts are faithfully carried out."

#### THE FOOD WE EAT.

Hufeland calls the stomach Atria mortis, the entrance-hall of death, and says without a good stomach it is impossible to attain a great age. All have naturally good stomachs, that is, good digestion, but it is ruined early by improper feeding as to time, quality, quantity, and mode of preparation. Therefore a large portion of the Journal will be occupied with statements in reference to these items. Substantial, nourishing food, properly prepared and well digested, these three are the great essentials of a long and healthy life. I will here give two examples, full of instruction, highly encouraging and well worthy of imitation by all who would like to live in the full enjoyment of health, and all the faculties of mind and body, for a hundred or hundred and fifty years or more. The first shows how an injured stomach and constitution may be repaired, the second how they may remain in perfect health for a hundred and fifty years, and all by the proper management of eating and drinking.

Lewis Cornaro, an Italian nobleman of wealth, by intemperance and debauchery made a wreck and ruin of his fortune and constitution at the early age of forty years. His physicians considering his habits inveterate, informed him that restoration was impossible, and with characteristic recklessness he resolved that if he had to die, he would abandon himself to the fullest indulgences, and thus get all the good possible out of the short remnant of life before him. But some circumstance shortly occurred which induced him to reverse his decision, and experiment on the possibility of disappointing his doctors and his heirs, and living to a good old age. This he attempted at once by means of his food and drink alone. He began by eating and drinking very little, and found that his health improved. Sometimes be would eat more, then less, until he discovered what amount of food was most suitable for him, which was twelve ounces of solid food, and thirteen ounces of fluid, every twenty-four hours. At length his health became so good, that his friends suggested to him, that now he was so hearty and well, there was no longer any necessity for such a strict allowance, and that if he ate and drank a little more it would be of advantage to him. He replied that he was now well, and had continued well for some years, on this allowance, that he could not be better, and that he had no

disposition to run any unnecessary risks, nor to make hazardous experiments, and that as he had regained his title and estates, and his health too, he now wished greatly to preserve the last, that he might long enjoy the others. However, he was at length induced to gratify his friends, and increased his food to fourteen, and his drink to sixteen ounces a day, and said he,

"Scarcely had I continued this mode of living ten days, when I began, instead of being cheerful and lively as before, to become uneasy and dejected, a burden to myself and to others. On the twelfth day I was seized with a fever of such violence, for thirty-five days, that my life was despaired of. But by the blessing of God, and my former regimen, I recovered; and now in my eighty-third year, I enjoy a happy state of both body and mind. I can mount my horse unaided. I climb steep hills. When I return home from a private company, or the senate, I find eleven grand-children, whose education, amusements and songs are the delight of my old age. I myself often sing with them, for my voice is clearer and stronger than it was in my youth; and I am a stranger to those peevish and morose humors which so often fall to the lot of old age."

In the latter years of his life he published an "Earnest Exhortation," which he closes by saying, "Since length of days abounds with so many blessings and favors, and I happen to be one of those who have arrived at that state, I cannot but give my testimony in favor of it; and I assure you all that I really enjoy more than I express, and that I have no other reason for writing, but that of demonstrating the great advantages which arise from longevity, to the end that their own conviction may induce them to observe those excellent rules of temperance and sobriety. And therefore I never cease to raise my voice, crying out to you, may your days be long, that you may be the better servants to the Almighty."

When about to die, he raised his eyes and exclaimed, with great animation, "Full with joy and hope, I resign myself to thee, most merciful God!" He then disposed himself with dignity, and closing his eyes, as if about to slumber, gave a gentle sigh and expired, in his ninety-ninth year, A.D. 1565.

If a systematic life of temperance has given sixty years additional to a broken-down constitution of forty, it becomes almost a crime for an invalid under fifty years of age not to avail himself of the trial.

This was a case where the energies of the stomach have been restored by temperance in eating and drinking, and remaining in their integrity for more than half a century thereafter; and what has been, may be again.

The next example shows that the stomach is made, in modern

times too, to last a hundred and fifty years.

Thomas Parr, of Shropshire, England, when a hundred and twenty years old, married a widow for his second wife, who lived with him twelve years, and who stated that, during that time, he never betrayed any signs of age or infirmity. The King of England having heard of him, invited him to London in his hundred and fifty-second year. He was treated in so royal a manner at court, and his mode of living was so totally changed, that he died soon after, in 1635, aged one hundred and fifty-two years and nine months, proven by public documents. His body was examined by Dr. Harvey, who "found his internal organs in the most perfect state, nor was the least symptom of decay found in them. His cartilages, even, were not ossified, as is the case in all old people. The smallest cause of death had not settled in his body; and he died merely of phlethora, because he had been too well fed."

This man was a farm-servant, and had to maintain himself by daily labor, consequently he must have lived on plain food, and not over-abundant; and the simple fact that at his death his stomach was in a healthy condition, proves conclusively its capabilities of duration, working healthfully to the last. And there can be no reason, in the nature of things, why the human stomach may not be preserved in its integrity as a general rule to a like old age.

I trust no reader will attempt to live on common allowance, on his own responsibility; he should consult with his family physician, for age, sex, condition in life, occupation, materially modify the amount of food requisite for the wants of the system.

#### Too white Flour.

Messrs. Mouriez & Chevrene, Chemists, who have superintended the provision of bread for the hospitals, and subjected all kinds to experiments, submitted a report to the French Academy, in which they condemn the practice of making bread too white. It is then, they remark, a condiment, not an aliment. The ex-

clusion of bran is a loss of nourishment to the consumer; the palate and fancy are gratified at the expense of the whole animal economy.

#### TRAVELING FOR HEALTH.

"Death of Rev. Lewis Weld.—We regret to learn, through the Hartford Courant, of the death of Rev. Lewis Weld, Principal of the American Asylum for the Deaf and Dumb at Hartford, Conn. Mr. Weld was an earnest and efficient worker in the cause of Deaf-Mute education, and the members of the venerable Institution lately under his care sustain a heavy loss in his decease. He had but just returned from a European trip, undertaken for the benefit of his health, which had recently become much impaired. The voyage did not alleviate his complaint, a congestion of the lungs. For the past twenty years Mr. Weld has acted as the Principal of the Asylum."

The above is given as another of the numerous illustrations of the utter inefficiency of going abroad for diseases of the lungs. The atmosphere of steamers and sail-vessels, loaded with impurities of bilge water, of hot steam, of cookery, their damp decks, confined promenades, shelf bedsteads, are as well calculated to benefit invalids as the sumptuous hotels, diligence accommodations, postal and passport comforts of the continent, and yet for these, invalids leave a loved and loving home in multitudes every year, sometimes only to get home again and die, as in this case, at others to die in sight of home, and often, very often, never to return.

Some of the experiences of foreign travel are detailed by an ex-editor while abroad for his health:

"It may be strange, but it is nevertheless true, that I have been as really and truly home-sick for the last three months as ever was any little girl in her first quarter at the boarding-school. If you knew how much pleasanter a life of real work and study in the United States is than this nonsensical travel and idleness, you would not be so discontented. One will only learn by experience, however; and the best thing I expect to get, personally, out of this mission, is just this—that I will be satisfied when I get back, and never again be haunted by those intolerable longings for Europe, which tormented me in the years gone by.

"The pleasure of actually seeing celebrated places is small. It is all anticipation and memory. The real comforts of Europe don't compare with those of the United States. Everything costs just double what it does at home. The people are nowhere as good as ours. The women are uglier—the men have fewer

ideas. I intended to write a book about it all; and I thought, when I left the United States, that I would have to stretch the blanket a good deal to make out our superiority. But there is no need. The meanness, the filthy life, the stupidities of all the countries I have seen, surpassed all I expected, and all I hoped.

"Here, in Turin, which is the most beautiful city I have ever seen, I am busy learning to speak French and studying what is popularly, but most falsely, termed the 'great world' and 'polite society.' I have dined with dukes, jabbered bad grammar to countesses, and am spunged on for seats in my opera box by counts, who smell of garlic, as does the whole country. I receive visits from other diplomates, with titles as long as a flag staff, and heads as empty as their hearts, and find the whole concern more trashy than I had ever imagined. I must, however, keep up their miserable acquaintance, for that is the way to see the 'elephant' of European life. So I dance the dance of fools, like the best of them, and return their visits sedulously, carrying about great cards, like that I enclose for your inspection.

"The pictures, the operas and ballets of Europe are good things; the people, the governments and the society more con-

temptible than can be conceived.

"I find the idea current among the European physicians, which I have often broached to you, that chemistry is not competent to extract all the essential components of natural productions."

#### Wearing the Beard.

Although it is not customary to wear the beard in the United States, it would undoubtedly contribute to the health of men to do so, at least if unshorn from the edge of the jaws and chin downward. Clergymen would in all cases be benefited by it. Hair is nature's protector against cold. Our beneficent Creator does nothing in vain.

Rowland says on this subject,

"It may be safely argued as a general physiological principle, that whatever evinces a free and natural development of any part of the body, is, by necessity, beautiful. Deprive the lion of his mane, the cock of its comb, the peacock of the emerald plumage of its tail, the ram and deer of their horns, and they not only become displeasing to the eye, but lose much of their power and vigor. And it is easy to apply this reasoning to the hairy ornaments of a man's face. The caprice of fashion alone forces the Englishman to shave off those appendages which give to the male countenance that true masculine character, indicative of energy, bold daring, and decision. The presence or absence of the beard, as an addition to the face, is the most marked and

distinctive peculiarity between the countenances of the two sexes. Who can hesitate to admire the noble countenance of the Osmanli Turk of Constantinople, with his un-Mongolian-length of beard? Ask any of the fair sex whether they will not approve and admire the noble countenance of Mehemet Ali, Major Herbert Edwards, the hero of the Punjaub, Sir Charles Napier, and others, as set off by their beard? We may ask, with Beatrice, 'What manner of man is he? Is his head worth a hat, or his chin worth a beard?' I have noticed the whiskers and beards of many of our most eminent physicians and merchants encroaching upon their former narrow boundaries, while it is well known that not a few of our divines have been long convinced of the folly of disobeying one of nature's fixed laws; but hitherto their unwillingness to shock the prejudice of their congregations, have prevented them from giving effect to their convictions. The beard is not merely for ornament, it is for use. Nature never does anything in vain; she is economical, and wastes nothing. She would never erect a bulwark were her domain unworthy of protection, or were there no enemy to invade it."

#### Eyelashes.

In Circassia and neighboring countries the eyelashes of children are clipped, with scissors, at their extreme points, while asleep, every six weeks, giving them in time a beautiful gloss and curve, besides adding to their length and thickness.

#### INVALIDS AND EXERTIVE EXERCISE.

Common consumption of the lungs destroys more people than any other half dozen diseases, while perhaps a third of all who die in civilized society, do so from ailments connected with the air passages, hence whatever tends to diffuse true knowledge on the subject must be a public good. Theories are good enough in their place, but the mass of society prefers to deal in facts, in well established whole facts; these are more tangible, and the common mind can more easily grapple with them. The diseases to which the lungs and their proper appendages are liable, are Asthma, Bronchitis, Consumption, Laryngitis or Throat ail, Croup, Pleurisy, Inflammation of the Lungs, Congestion of the Lungs, Quinsy, &c. All these diseases arise from two causes:

1. Changes of temperature.

2. The failure to keep the breathing apparatus in vigorous, full, healthful operation, by a sufficient amount daily of exertive exercise in the open air. By a wise attention to this second cause

#### Heart Disease.

of lung diseases, the former will cease to be a cause, except in occasional cases. Not only so, threatened consumption may be effectually warded off, in the vast majority of cases, by the proper adaptation of daily out-door exertive exercise to the requirements of the system, as indicated by the condition of the pulse, the heart, the breathing organs, of which the physician ought to be the standing judge. For, when a man is an invalid, the amount of food, air and exercise requires as much of medical intelligence, experience and skill, as would the judicious exhibition of medicine.

#### An example—HEART DISEASE.

It is well known that the symptoms of a disease of the heart, and those of the lungs, as well as those of a spinal affection, are so apparently alike in the main, that it requires large medical experience to decide safely and certainly between them; but the exercise requisite in an affection of the lungs would inevitably destroy life if advised for a disease of the heart or spine. no form of sickness is exercise so immediately and certainly fatal as in heart affections, while the results of active exercise in spinal disease are terrible, literally terrible, not in their immediate effects as involving life, but in the certain penalty of weeks and months and weary years of corporeal helplessness, and agonizing almost ceaseless pain, requiring a thousand times more endurance and a far higher degree of fortitude than marching up to the cannon's mouth in the heat of battle. An affecting instance of this kind came under my notice within a few years past, and I feel sure that a recital of it will be a public benefit, as teaching the importance of taking early competent medical advice in cases of sickness.

On the 23d of September, 1851, I was called to see a young lady on a visit to New York, who was supposed to be in a decline. She was from a neighboring city, an only daughter. She was just entering life, with all the advantages which position and fortune and refinement could bestow. She had a pulse of a hundred and twenty a minute, thirty-six respirations, an incessant cough, debility, such that she could not walk without two assistants. She still lives, a noble monument of heroic endurance and mental energy and worth. Previous to applying to me she had suffered a dozen deaths, in her efforts to take air and exercise on

foot, on horse, in carriage; and as often almost as she would take them, she could, on reaching her own door, scarcely prevent herself from shricking out with an agony of pain. She was encouraged to persevere in these efforts, and, with a daughter's affection for a loving mother, whose solicitude and watchfulness never slept, she did so, until locomotion became impossible. This being a clear case of spinal disease, every step she took, every moment she sat still, aggravated the complaint. The best medical skill in the country has failed to afford her any permanent relief, and to this hour she is unable to stand, suffering daily torture, hardly desiring to hope for even relief until she is called to go where all the good are.

With this case, given as a precaution against the danger which attends taking daily out-door exercise, without medical advice, for any of the prominent symptoms of consumption, such as cough, short breath, quick pulse, debility, pains about the chest, &c., I here give, as being highly instructive, an article from "The Home Journal" of December 10th, 1853, under the editorial head:—

#### (For Invalids only.)

Are you quite well, dear reader? Are all those who are dear to you quite well? If so, perhaps you will kindly pass on to another topic, allowing me, under the Idlewild caption, for this week, to answer a letter from an invalid—the information, thus called for, being interesting to invalids only, or to those with precious invalids for whom they feel and care. In a world where mortals walk beside Death with a face averted, the sick can talk safely of their sorrows only to the sick. I do not claim. therefore, the attention due to a general topic. Though, with pulmonary consumption for our country's most fatal liability, any experience, in eluding or defeating it, may be of interest to so many, as to be, at least, excusably tedious to the remainder. It comes appropriately from Idlewild. The Highlands around us, I fully believe, are the nearest spot to New York, where the acrid irritation of our eastern and seaboard climate is unfelt. Poke your fire, then, dear delicate reader !-- (for you are an invalid, by your following me thus far)—and settle yourself comfortably in your arm-chair, while I lay before you a sad and well-written letter from an invalid:

"C\*\*\*\*\*, November 21, 1853.

"Mr. Willis.—Dear Sir: You will perhaps think it presumption in me, an entire stranger, to address you as I now do; but I shall be willing to abide your judgment after you have heard

my story. I am a Presbyterian clergyman, in feeble health. After five years' preaching in one happy parish, my lungs gave out, and I was obliged to give up my calling. By the advice of physicians here and in New York, I spent two winters at the South, roaming from place to place, but spending most of the time in Jacksonville and St. Augustine, Florida. I was there during the winter of your tour in that region, and on the same sad errand. And I may here say, that I have taken great pleasure in reading, weekly, your record of travel in those parts.

"But I got no essential benefit from the 'Sunny South'—nothing but some disgust for it, weariness of travel, and a warmer love for the North and for my home. Neglecting further medical advice, I bought, two years since, a pleasant site for a country residence in this, my native place, built a house, and devoted myself to tree-planting and gardening of all sorts. This has been my sole employment for two summers. In winter I warm my whole house moderately, not allowing the mercury to rise above sixty or sixty-two degrees, and connect with this a thorough ventilation. I remain within doors most of the time. Between romping with my two children, playing with grace-sticks, battledoor, etc., fighting imaginary foes with my cane, and the music of a piano, I manage to get regular, daily exercise and recreation. In favorable weather I also take a brisk walk of half a mile.

"This mode of life makes me quite happy, and I enjoy a tolerable degree of health; but I don't get well. I followed you to Idlewild with much interest, having a fellow-feeling on one point, at least, and watched to see whether you would get the mastery of disease. In your last letter you say that you are no longer to be classed among consumptives. Alas! I can't say as much for myself, I fear. And on reading your lines, I resolved to write to you, as a once fellow-invalid, and ask, What has cured you? The doctors advise me to go South and take cod-liver oil, but their prescriptions do me no good; and I improve most when following my own judgment. I spade, and hoe, and rake quite lustily, and ride horseback, in summer; I cough but little, and eat and sleep as well as ever—but cannot use my lungs. Now, may I trouble you to give me some plain advice—a little of your own daily regimen-if you are willing to do so, an account of what has helped you.

"I consult you, not as a doctor, but as a man of benevolence, knowing by experience the feelings of a young man arrested by

disease, and laid aside from the activities of life.

"If you do not think proper, or find it convenient, to address me personally, I beg leave to suggest that you give your friends, through the *Home Journal*, some of your views and your experience relating to the treatment of pulmonary affections. A

large and eagerly attentive audience would listen to your words,

I assure you.

"Pardon me, sir, if I have annoyed you by this letter; and if you are willing to do so, please allow me to hear from you, and greatly oblige, yours, with true respect,

A. D. G."

[To which straightforward and touching letter, the following was the bulk of my reply—not very satisfactory, I fear, though possibly there may be a point or so in which it is either sugges-

tive or corroborative: ]-

The politicians teach us how to treat a disease. I think. They do not try to convert the opposing party. They are content if they can keep it in the minority—sure that it will tire, in time, of its want of power, change sides, or disappear. The patient who troubles himself least about his disease, (or leaves it entirely to his doctor,) but who perseveringly outvotes it by the high condition of the other parts of his system, is the likeliest to recover—and it is of this high condition, alone, that I have anything to say. Of twenty who may be sleepless with a cough and weakened with the raising of blood, no two, perhaps, are subjects for precisely the same medical treatment, or diseased in precisely the same locality, though all are called "consumptives." Our friends, the physicians, are better geographers than we, as to where the healing is wanted, though they strangely confine themselves to the specific ailment, taking it for granted that the patient keeps the rest of his body in proper training for recovery. It is medical etiquette, I believe, to refrain from any very particular inquiry into this. But few sick men are wise or firmminded enough to be safely trusted with their own general condition; and I, for one, came very near dying-not of my disease, but of what my doctors took for granted.

To leave generalities, however, and come to the personal

experience which you ask for:

I went to the Tropics, as a last hope, to cure a chronic cough and blood-raising which had brought me to the borders of the grave. I found a climate in which it is hard to be unhappy about anything-charming to live at all-easy to die. (At least, those who were sure of dying, and did die—and in whose inseparable company I thought I was-were social and joyous to the The atmosphere of that Eden-latitude, however, is but a pain-stilling opiate, while the Equator might be called a kitchenrange for a Sardanapalus, and the Antilles are but tables loaded with luxuries. The Caribbean Sea is the Kingdom of the Present Moment. The Past and the Future are its Arctic and Antarctic -unthought of, except by desperate explorers. Hither are sent invalids, with weakened resolution, to make a pilgrimage with prescription and prudence! You may see by the book I have just published, (Health-Trip to the Tropics,) with what complete forgetfulness of care or caution I made one of an invalid company for months. Was anybody going to be shut up in a bedroom with such nights out of doors? Was anybody going to be dull and abstinent with such merry people, and a French break-

fast or tempting dinner on the table?

I reached home in July, thoroughly prostrated, and, in the opinion of one or two physicians, a hopeless case. Coughing almost the whole of every night, and raising blood as fast as my system could make it, I had no rest and no strength. I lingered through the summer, and, as the autumn came on, and the winter was to be faced, I sat down and took a fair look at the proba-With the details of this troubled council of war, I will not detain you; but, after an unflinching self-examination, I came to the conclusion that I was, myself, the careless and indolent neutralizer of the medicines which had failed to cure methat one wrong morsel of food or one day's partially-neglected exercise might put back a week's healing—and that, by slight omissions of attention, occasional breaking of regimen, and much too effeminate habits, I was untrue to the trust which Gray, my friend and physician, had made the ground of his prescriptions. And, to a minutely persevering change in these comparative trifles, I owe, I believe, my restoration to health. not a day of the succeeding winter, however cold or wet, in which I did not ride, eight or ten miles, on horseback. With five or six men, I was, for most of the remaining hours of the day, out of doors, laboring at the roads and clearings of my present home. The cottage of Idlewild was then unbuilt, and the neighboring farm-house, where we boarded, was, of course, indifferently warmed; but, by suffering no state of the thermometer to interrupt the morning cold bath, and the previous friction with flesh-brushes, which makes the water as agreeable as in summer, I soon became comparatively independent of the temperature in doors, as my horse and axe made me independent of it when out of doors. With proper clothing to resist cold or wet, I found (to my surprise) that there was no such thing as disagreeable weather to be felt in the saddle; and, when a drive in a wagon or carriage would have intolerably irritated my cough, I could be all day in the woods with an axe, my lungs as quiet as a child's.

To be continued.

#### NOTICES OF BOOKS, PERIODICALS, &c.

PROSPECTUS of the INDEPENDENT.-Volume Sixth, 1854.-This wellknown and widely circulated Journal, conducted by Pastors of Congregational Churches in New York and vicinity, has completed its fifth year.

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## Notices of Books, Periodicals, etc.

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"HUFELAND'S ART OF PROLONGING LIFE" has just been republished by Ticknor, Reed & Fields, Boston; 328 pages, 12 mo.

The enterprising publishers have done a public service in the reissue of this useful book. It is thus noticed by the American Medical Monthly of New York, of which Edward H. Parker, M.D., is Editor, assisted by the Faculty of the New York Medical College, 80 pages, 8 vo., sent free of postage for three dollars a year in ad-

vance.

"It treats of the means that shorten and those which lengthen life. The work is timely. Our youth are crowding on a great amount of steam, and traveling through the periods of individual life at prodigious speed. A perusal of Hufeland's judicious maxims will tend to make us take matters more coolly, to eat more slowly, sleep better and longer, work to better advantage, by learning to think before acting, lay together less kindling wood for future repentance, and live to a better old age."

This well-written notice indicates the point to which the attention of educated medical men is directed, the preservation of the health and constitutions of the young, showing that the true physician is not only ambitious of curing those who are sick, but that he disinterestedly strives for the prevention of disease; and from the endorsement of such names as Green and Carnochan, the public have a guarantee that the American Medical Monthly will in this, as in others, labor for what "pertains to the welfare of our public institutions, and the advancement of professional excellence and knowledge. Its design is not to supplant existing Journals, but to cultivate a field which it is believed has hitherto been neglected."

# NOTICES.

Prepayment in all cases is indispensable. The receipt of the "Journal" will be presumptive evidence that it is paid for, or sent as a specimen, intimating, in the latter case, that it is the special desire of the Editor that the person to whom it is sent should become a subscriber without delay.

The postage of the Journal is only six cents a year, if pre-paid

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All orders or communications, books for notice or review, correspondence, &c., must be addressed simply to

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A single specimen number will be sent by the Editor, postpaid, to his personal friends and former patients in the different states of the Union; and he desires it to be considered as his particular desire, that such would become subscribers; thus affording him, from time to time, the satisfaction of knowing that they "STILL LIVE," and that his labors are tending to promote the health and consequent happiness of those whom he has

once pleasurably known.

One specimen number will be also sent to a number of clergymen, for it originated in a desire to promote their good, and the Editor will endeavor to conduct it in such a manner, that any pains they take to procure subscribers, especially from among the young men and young women of their congregations, will be compensated in the permanent healthfulness of those who are to take their places when their own labor is done, and they have gone up to their reward.

The Journal will be sent also to some of the public men in the country, whose health and length of life are believed to be necessary to the highest interests of the communities in which they reside. The postage on all specimen numbers will be prepaid at the New York Post Office, and it is specially requested, to preserve the Editor from loss, that the specimen number be returned, when not taken, to address of "Hall's Journal of Health, New York."

A PREMIUM of twenty-five dollars will be paid to any subscriber who will write, from his own experience, the best description of How I LOST MY HEALTH, to contain within fifty, of eight hundred words, on or before the first day of June next. A sealed envelope should accompany the manuscript, containing the full name and address of the author, none of which will be broken, except that of the successful one; these envelopes will be returned by mail, unopened and prepaid, to each one who desires it. The manuscripts will be retained, unless called for.

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The "Journal" will be sent one year to any established newspaper or periodical which will notice its appearance, and copy the contents of the January number—provided such publication is sent, with the article scored, to address of

"HALL'S JOURNAL OF HEALTH, NEW YORK."

# HALL'S JOURNAL OF HEALTH.

VOL. I.]

FEBRUARY, 1854.

[NO. II.

## INVALIDS AND EXERTIVE EXERCISE.

CONTINUED FROM LAST NUMBER.

With all this, and looking like the ruddiest specimen of health in the country round about, I am still (you will be comforted to hear) troubled occasionally with my sleep-robber of a cough; and, in Boston, the other day, on breathing that essence of pepper and icicles which they call their "East Wind," I was seized with the old hemorrhage of the lungs, and bled myself weak again. But I rallied immediately on returning to this Highland air, and am well once more—as well, that is to say, as is consistent with desirable nervous susceptibility. The kiss of the delicious South Wind of to-day, (November 30,) would be half lost upon the

cheek of perfect health.

I fear I cannot sufficiently convey to you my sense of the importance of a horse to an invalid. In my well-weighed opinion, ten miles a day in the saddle would cure more desperate cases, (particularly of consumption,) than all the changes of climate and all the medicines in the world. It is vigorous exercise without fatigue. The peculiar motion effectually prevents all irritation of cold air to the lungs, on the wintriest day. The torpid liver and other internal organs are more shaken up and vivified by the trot of a mile than by a week of feeble walk-The horse (and you should own and love him) is company enough, and not too much. Your spirits are irresistibly enlivened by the change of movement and the control of the animal. Your sense of strength and activity, (in which lies half the self-confidence as to getting well, which the doctors think so important,) is plus one horse. With the difference from walking, as to pulling upon the forces of the spine and consequently upon the . brain, it is recommended by the best English physicians as much the preferable exercise for men of intellectual pursuits. And, last, (I think not least,) the lungs of both body and soul are expanded by the daily consciousness of inhabiting a larger space -by having an eagle's range rather than a snail's-by living a life which occupies ten miles square of the earth's surface, rather than that "half mile" which you speak of as the extent of your

daily walk. The cost is trifling. At this particular season, when horses are beginning, as they say at the livery stables, to "eat their heads off," you may buy the best you can want for fifty dollars, and his feed costs thirty cents a day. As the horse and the doctor are seldom necessities of one and the same man,

you may rather find it an economy-apothecary and all.

In that "majority" I have spoken of above, there are, (as in all majorities,) some voters of not much consequence individually, but still worth keeping an eye upon. Briefly to name one or two:-There are so few invalids who are invariably and conscientiously untemptable by those deadly domestic enemies, sweetmeats, pastry and gravies, that the usual civilities at a meal are very like being politely assisted to the grave. The care and nurture of the skin is a matter worth some study; for it is capable not only of being negatively healthy, but positively luxurious in its action and sensations—as every well-groomed horse knows better than most men. The American liver has a hard struggle against the greasy cookery of our happy country. The impoverished blood of the invalid sometimes requires that "glass of wine for the stomach's sake" recommended by the Apostle. Just sleep enough and just clothing enough are important adjustments, requiring more thought and care than are usually given to them. For a little philosophy in your habitual posture as you sit in your chair, your lungs would be very much obliged to you. An analysis of the air we live and sleep in, would be well worth looking into occasionally. And there are two things that turn sour in a man, without constant and sufficient occupation upon something beside the domestic circle—the temper and the ambition.

Thus much, of my reply to our clerical fellow-sufferer, may interest you, dear invalid reader. Of the medicine of "Out-doors at Idlewild"—the mingled salubrity of the climate of mountain and river around us—I should have said more to one unanchored in a home and a parish. From one who writes so frankly and sensibly as he, we must hope to hear again, however, and, with another opportunity, I may again ask for invalid indulgence, and return to the theme.

In a future number I purpose giving an illustration of the truthfulness, in the main, of the statements made above, showing in a more remarkable manner what may be accomplished by medical advice, without medicine, when the patient is willing to get well without medicine.

I wish here to take exception to the clergyman's language—
"By the advice of physicians here and in New York, I spent
two winters at the South \* \* \* \* but got no essential benefit

\* \* neglecting further medical advice, I bought, two years since, a pleasant site for a country residence \* \* \* \* but I don't get well." There is a want of courtesy in the manner in which his medical advisers are spoken of, which is unbecoming a clergyman, and especially so, if that advice was gratuitous, as is most probably the case. After discarding physicians and prescribing for himself for two years, it seems, from his own admission, that he is not well. Nor would any man ever get well by pursuing a course so irrational and absurd as that which this clergyman adopted. It is, however, an illustration of the futility of simply going to the sunny South to get rid of a cough, and how much may be done by remaining in the North and pursuing a proper course, under medical advice, as in the case of the gentleman to whom the clergyman wrote.

## COMMON SENSE.

A number of articles have appeared in the New York Daily Times, of a sanitary character, which merit public attention; and, among others, one on Common Sense:

"If common sense were an article to be bought in the market, doubtless there would be a great demand for it; or if not, it would be well for the corporation to make an appropriation from the public moneys to buy up a lot, from which the needy might draw without any charge. It is about as essential as Croton water to our daily comfort, but there are a great many elegant looking houses into which it has not yet been introduced. The very low-born, the totally ignorant, who find it difficult to distinguish between the suggestions of conscience, the promptings of common sense, and the false lights of superstition, which they mistake for knowledge, are only pitiable. But those who were born to an inheritance of common sense, and have wasted it, deserve our reprobation and contempt.

"If half the sensible people in the world had common sense, it would be better; but, unfortunately, most men's judgments slide in between their prejudices and their education, like windows in badly-fitting sashes; when you attempt to bring them to the position they were made to take, they give first on this side and then on that, and particularly happy you may feel yourself if you can bring them into position without putting out a light.

"What sensible man would think of surrendering all his religious opinions into the hands of his spiritual adviser? Yet men reputed sensible do it—take for granted what is told them, if it suits, and trust their most precious interests in the hands of those to whom they would not willingly commit the keeping of their daily

accounts. Poor policy it is, of course, since those who get to Heaven must each drive his own team; there is no rail-car that stops at different points on the route, and picks up all who have

bought their tickets of any particular agent.

"The human body is a very delicately-constructed machine. Yet as the City Hall clock, which everybody pronounces an excellent one, took the liberty to stop, a few days since, when a boy pushed his chair up against the 'compensator;' so the human mechanism will not move true and steady, if ignorant men are allowed to play with 'the works.' Seeing that there is not room for the finest cambric needle to lie, without producing mischief, anywhere within the several solid feet that constitute the body of a man, common sense would satisfy an appreciative person that he cannot accommodate within his living tissues a pound of drugs, every grain of which penetrates farther than needles and blocks, or throws off the track, the wheels of every rolling globule of blood in his veins.

"Common sense takes the stump, and labors to convince sensible people that when they are sick the thousandth part of a grain of any material, of which they have taken a drachm since dinner, and been neither better nor worse therefor, cannot materially modify their condition. Yet men who are good at making money, and who do not educate their children with specific reference to making fools of them, are stone deaf on the side that common sense whispers his admonitions; spend goodly sums on the quack who indulges them in the luxury of being cheated, and enjoy the high satisfaction of being wonderfully cured where nothing under the sun has ailed them. Common sense, of course, shakes off the dust of his feet, and leaves to his fate one whose phrenological developments would justify the suspicion of a moderate share of intelligence, when he makes phrenology ridiculous, and belies all the indications of physiognomy by imbibing bottle after bottle of Nervous Antidote, Cherry Bitters, Choice Catholicons or Renovating Resolvents, to cure ailments whose characters differ in every respect from each other; just as if all diseases were like the vermin of all sorts that haunt old almshouse cellars, and all alike were best disposed of by being drowned out of their quarters.

"But it seems to us as if common sense were particularly ashamed of those stout, stalwart bodies, in which strong minds, like engines of many horse-power, were originally set up, when, instead of trusting to their own powers, and heeding their own capacities, they give themselves up to the guidance of other men, in matters which they ought thoroughly to understand for themselves. When a good skipper is going through Hurl-Gate, he does very well to ask a pilot on board if he does not know the rocks; but when he is fairly out on the Sound, with a fair wind and a clear night, when the compass is a good one, and he knows

all the lights from Sandy's Point to Little Gull, he is weak and wasteful to be at the expense of a pilot's fees. So when a man is sailing among colics and pains of any sort, of which he does not know the nature, he cannot do better than order on board a skilful physician, who has sounded every foot of the way, and knows when to give a fuller sheet, when to haul close, and when to put the craft square before the wind, and trust everything to his care, till the ripples are all past and the waves chase each other, without any sudden breaks or declension, to right or left, as if a rock were just below. But for a full-grown man, who is well, to call in a doctor to know if he may eat this delicious fruit or that, may make this pleasure trip or that, may tarry within the bounds of the city till his business will permit his removing to the country, or must push at once into summer quarters, it is simply ridiculous, and common sense objects to being claimed by him as an acquaintance.

"The Great Exhibition will open soon. Without a doubt, then there will be an increased amount of common sense in and about our streets; for the appearance now is, that from every point the honest men, who have dwelt in country places and been conversant with growing fields, that rather favor the growth of robust sense, will come up in crowds. It would be no bad idea for citizens to cultivate their acquaintance, that the arts and tricks of city life may experience some healthful rasping from their rougher and more natural ways. Staying in the city, we grow affected and vain. It is to be hoped that strangers enough will come here to make our vanity and affectation shrink into a contemptible minority, and the common sense, which, by inheritance, ought to rule us, take heart, sally forth, conquer back his lost provinces, and hereafter have the first and last

word in all our councils.

"Ten o'clock.—But you, my dear fellow, ought to be a-bed. Have not you read Alcott, and Graham, and Franklin, and Sinclair? Haven't you studied Hygiene, and attended a course of popular lectures on the subject? Haven't you studied the rules of longevity? Don't you know that every hour less than seven of sleep at night, is a day deducted from the sum total of your life? and that, from Dr. Johnson to Todo's Student's Manual, all the authorities agree that an hour of sleep before midnight is worth two after it?"

"No! No! don't go to writing now. Don't raise the steam at this time of night. You would not let your housekeeper begin her baking now, neither should you set your brain to seething so unseasonably. It was a wise man—and a little time spent among our books would enable us to give his name—who allowed no serious book to engross his attention after his evening meal, and indulged himself in no severer labor than a game of romps with

his children."

#### LONGEVITY.

The following table shows that men have attained a good old age, and there is no reason to suppose that these may not be the average ages of men and women, if modes of life were adopted, which would involve the fundamental principles, by which these men lived thus long, the great features being TEMPERANCE AND MODERATE INDUSTRY:

ODERATE INDUSTRE.			
Dryden,	70	Sophocles,	. 90
Petrarch,	70	Livia,	90
Lesage,	70	Eli,	. 90
Linnæas,	71	Protagoras	90
Locke,	73	Lewenhoeck, . '	. 91
La Fontaine,	74	Cato,	91
Rev. Dr. Wardlow, .	75	Hans Sloane, .	. 93
Handel,	75	Whiston,	95
Reaumer,	75	Michael Angelo, .	. 96
Gallileo,	78		96
Swift,	78	Isocrates,	. 98
Roger Bacon,	78	Titian,	100
Corneille,	78	Hervelias,	. 100
Marmontel,	79	Fontenelle,	100
Solon,	80	Zeno,	. 100
Thucydides,	80	Terentia,	103
Anacreon	80	Stender,	. 103
Juvenal,	80	Helen Gray,	105
Kant,	80	Georgias,	. 107
Pindar,	80	Thomas Garrick, .	108
Young,	80	Democritus,	. 109
Willard,	80	Joseph,	110
Willard,	80	Joshua,	. 110
Plato,	81	Joshua,	111
Buffon	81	2.2.11000000000	. 112
Goethe,	82	H. Thauper,	112
Dr. Chas. Caldwell,		R. Glen,	. 115
Claude,	82	Moses,	120
West,	82	Sarah,	. 127
Franklin,	84	Ishmael,	137
Metastasio,	84	Effingham,	. 144
Herschen,	84	Drakenberg,	146
Anacreon,	85	Jacob,	. 147
Newton,	85	Thomas Parr,	153
Voltaire,	85	Epimenides,	. 157
Halley,	86	Henry Jenkins,	169
Simeon,	90	Abraham,	. 175
Fabius,	90	Isaac,	180

Among the preceding names are found all the occupations of life, from the philosopher to the common day-laborer, selected from all nations, and of all ages, from the days of Abraham down to the present time, and if no nation, or age, or sex, or clime, or ordinary occupation necessarily prevents men from arriving at old age, that old age must be generally attainable, if the proper conditions are met. It is the design of this Journal to inculcate these conditions. To do it early, is of the highest importance, as it gives every advantage; hence the special desire of the Editor that parents generally should have their children, at least those above fifteen years of age, become subscribers to this periodical.

#### VENTILATION.

There is no daily paper in the country which labors more steadily, resolutely and fearlessly, for the general good of the masses, than the New York Daily Tribune. It is always on the side of humanity, always on the side of the poor, who so much need an advocate. It recently contained an article on the subject of Ventilation:

"If our people only knew how many thousands of lives they are annually sacrificing, how many hundreds of thousands are now suffering from fevers and other maladies which have their origin in the inhaling of noxious air, the excitement and alarm on this subject would be unprecedented. They are poisoning themselves by wholesale, and two-thirds of them have no sus-

picion of the fact.

"Our dwellings are often charnel houses. The very first necessity of every living human being—pure air to breathe—is rarely regarded in their construction. The air actually inhaled steals in at crevices and crannies, felon-like, because it cannot be shut out. Only the defects of our Architecture prevent our dying of a vitiated, poisoned, mephitic atmosphere, from which the vital element has long since been exhausted. Most men, including architects, would seem ignorant of the fact that the atmosphere is a combination of different gases, only one of which is wholesome and life-giving, and that this is consumed in the lungs upon inhalation, leaving the residue to be expelled as a poison. The church, lecture-room, or other structure which is filled, or even half filled, with human beings, and its doors and windows closed, while no express provision has been made for its ventilation, very soon becomes a slaughter-pen, in which no rational being should tarry another minute. Few churches or other public edifices are sufficiently ventilated, while a large

majority of them are utterly unworthy of toleration, and ought to be closed by the public authorities until they shall have been rendered fit for their contemplated use, and no longer nurseries

of disease and ante-chambers to the tomb.

"Our manufactories are nearly all disgraceful to their owners and architects in regard to ventilation. They are often divided into rooms less than ten feet, high, each thickly stowed with human beings, who breathe and work and sweat in an atmosphere overheated and filled with grease, wool or cotton waste, leather or cloth, and the poisonous refuse expelled from human lungs, which together are enough to incite a plague, and are in fact the primary cause of nearly all the fevers, dysenteries, consumptions, &c., by which so many graves are peopled. No factory should be permitted to commence operations until it shall have been inspected by some competent public officer, and certified to be thoroughly provided with ventilators-not windows, which may, indeed, be opened, but in a cold or stormy day very certainly will not be-but apertures for the ingress of fresh, and others for the egress of vitiated air, both out of the reach of ignorance, and defying the efforts of confirmed depravity of the senses to close them.

"Our bedrooms are generally fit only to die in. The best are those of the intelligent and affluent, which are carefully ventilated; next to these come those of the cabins and ruder farmhouses, with an inch or two of vacancy between the chimney and the roof, and with cracks on every side, through which the stars may be seen. The ceiled and plastered bedrooms, wherein too many of the middle class are lodged, with no other apertures for the ingress or egress of air but the door and windows, are horrible. Nine-tenths of their occupants rarely open a window unless compelled by excessive heat, and very few are careful even to leave the door ajar. To sleep in a tight six-by-ten bedroom, with no aperture admitting air, is to court the ravages of

pestilence, and invoke the speedy advent of death.

"Our railroad cars and steamboat berths are atrociously devoid of ventilation. A journey is taken far more comfortably and expeditiously now than it was thirty years ago, but with far greater risk and harm to health. There are probably ten thousand passenger cars now running in the United States, whereof not more than one hundred are decently supplied with fresh air. Most of these, wherein forty or fifty persons are expected to sit all day and doze all night, ought to be indicted as fit only for coffins. The men who make them, probably, know no better; but those who buy and use them have not even that poor excuse. They know that they are undermining constitutions and destroying lives; they know that ample means of arresting these frightful woes are at command; yet they will not adopt them because they cost something. How long shall this be endured?"

#### IGNORANCE.

The following article shows the fatal result of taking a common and simple medicine on one's own responsibility. Thousands of persons, especially in cities, in order to avoid doing with physicians, as it is termed, will purchase a patent medicine and take five times as much physic in a week as a scientific practitioner would have administered in a month—the labels often running "from one to two table-spoons three or four times a day:"

Death from an over-dose of salts.—Coroner O'Donnell yesterday held an inquest, at No. 325 Spring st., upon the body of Mary Flanagan, a native of Ireland, 62 years of age, who died suddenly, shortly after taking a quarter of a pound of Epsom salts. She had been unwell for some hours, when her daughter, Mrs. Catherine Sully, happened to come in, and recommended a dose of salts as a remedy. A quarter of a pound was immediately procured and administered by the daughter to her mother, who died about an hour afterwards. One witness testified that the quantity taken was sufficient for four doses for a person of the age of the deceased. A post-mortem examination of the body was made by a physician, who gave it as his opinion that death was caused by disease of the heart, aggravated by an overdose of Epsom salts, and the jury rendered a verdict to that effect. The deceased had been in the country but four months.

#### OVER-WORKING.

Over effort of body or mind, especially if protracted, often induces incurable forms of disease, and should be avoided as any other cause of sickness and suffering. Young clergymen are particularly liable to this fault, and, before they are aware of it, they discover that a constitution which they believed impregnable is ruined, and the prospect of a long life before them of comparative inertia weighs upon the spirit like an immovable incubus. But the necessity of making a living in some way soon becomes apparent, and one of the first thoughts is to teach school, or keep store, or go on a farm. Some, whose circumstances are easy, conclude hastily to abandon preaching, or wait and see if the injury will not repair itself.

The following letter was addressed by me to a young clergy-man of an energetic temperament, who had written to me several times. It may be generally useful. The points touched upon

were in answer to suggestions of his own, and may be understood without giving his letter at length. He preached with great animation, "loud, and gesticulated violently, leading in the singing, and this two or three times a day sometimes."

# New York, January 26th, 1854.

Dear Sir: - Yours is received. Over-exercise always injures. and if you have done it to "breaking down," then you have done yourself a great wrong, and you must exercise in moderation to repair it; it is much like a burnt finger or a frozen toe, the best repair is heat in a milder form, or cold in a milder form. You are "longing for action:" that is well; then act away, in moderation; work the body moderately, work the mind moderately, and you will almost certainly recuperate. "Working on a farm" will do you many times greater good than "going to the South" to feed and lounge about, and do nothing. I do not object to your working on a farm, but two things are requisite to you, as you have an active, vigorous mind. The work must be pecuniarily remunerative, and it must be connected with some mental labor, such as preaching somewhere, every two or three days: then, while you are at work, you can be studying out your sermons, and perhaps they will be about as good sermons as you have ever made, if not better.

You are "easily worried;" then you are not a philosopher. Take the world easy; you will get through it soon enough. The wood-chopper does most who pulls off his coat and goes at it leisurely, and so will you, in the long run, in cutting down tall sinners. Do not "clerk on, and rant on," and stave away, as if you would drive men into the gospel pen, as butchers do sheep and pigs, by the more noise they make. Imagine yourself a Judge on the supreme bench in Washington, and speak with their dignity and deliberation and weight, especially as they speak for temporal, you for immortal interests.

You have intimated that perhaps it would be better for you to "embark in trade of some kind for a year or two," until your health is fully re-established, and thus "wait." A young man with the world before him, at the threshold of professional life, cannot afford in these stirring times to "wait" for anything; he must force it up, attempt everything with energy and indomitable perseverance. If your health is not fully restored, you will do

one of two things, go down from your great work, or settle down to be a common, plodding, sickly preacher. Ought you to do either? With youth, health, and a right heart, why may you not become an eminent and efficient leader in your church? Think of it.

#### AIR AND EXERCISE.

No remedy known to men has such a powerful and permanent influence in maintaining or regaining health as the judicious employment of cheerful, exertive exercise in the open air, and if properly attended to in a timely manner, it will cure a large majority of all curable diseases, and will sometimes succeed, when medicines have lost their power.

If you have actual consumption, or are merely threatened with it; or if, from some of your relatives having died with it. you have unpleasant apprehensions of its lurking in your own body; or whether from a diseased liver or disordered stomach. or a dyspeptic condition of the system, the foundations of the dreadful disease are being laid in your own person; or whether by exposure, by over bodily exertion or mental labor, or wasting cares for the present, or anxieties for the future, or by hugging sharp-pointed memories of the past, or by intemperate living, in eating or drinking, or by unwise habits or practices in life, you have originated in your own person the ordinary precursors of consumption, such as hacking cough, pains in the breast, chilliness, wasting of flesh and strength, shortness of breath on exercise—under all these circumstances, a proper attention to air and exercise are indispensable aids—are among the principal. essential means of cure, and are never to be dispensed with: confinement to the regulated temperature of a room in any latitude, is certain death, if persevered in; and if from any cause this air and exercise are not practicable to you, except to a limited extent, it is your misfortune; your not being able to employ them, does not make them the less necessary, and they have no substitutes. (See page 78 of "Bronchitis and Kindred Diseases," by W. W. Hall, eighth edition, 1854, Redfield, publisher, 110 and 112 Nassau street, New York.)

When the body is diseased, it is because it is full of diseased, decaying, dead and useless particles; the object of exercise, as well as medicine, is to throw off these particles; medicine does

it more quickly, but exercise more safely and certainly, if there is time to wait for its effects. Every motion of the body, every bend of the arm, every crook of the finger, every feeling, every breath, every thought, is at the expense, the consumption, the throwing off, of a greater or less proportion of the material body; all muscular motion implies friction, and where there is friction there must be loss. In proportion then as you exercise, you get rid of the old, useless or diseased particles of the body, and by eating substantial, plain, nourishing food, you supply new, healthful, life giving particles in their stead; therefore every step you take tends to your restoration, provided that step be not taken in weariness or fatigue; for then it prepares the way for a greater destruction of living particles, rather than a removal of the old-You will never fail to find, that whenever you overdo yourself, in the way of exercise, you will always feel the worse after it-The exercise must be always adapted to the strength, and the rule is imperative under all circumstances. Stop short of Fa-TIGUE. This applies to mental as well as to bodily operations. But if you say, as many others have said, and died, "I can't help it," then you must take the consequences and responsibility. If you do not use the means of health, you cannot be cured. If you really and truly cannot use them, that inability does not alter the necessity of their observance nor the effect of their neglect.

Take, if possible, an hour's active, cheerful, willing walk, thrice a day; this is many times better than three hours' continuous exercise. The noon walk should be before dinner. If you walk, or leave the house, before breakfast, eat first a cracker or crust of bread. Avoid, during warm weather, in the south and west, and in level or damp situations, the out-door air, including the hour about sunrise and sunset. There is no danger usually, even to invalids, in exercising in the night air, if it be sufficiently vigorous to keep off a feeling of chilliness. This should be the rule in all forms of out-door exercise, and is an infallible preventive, as far as my experience extends, against taking cold in any and all weathers, provided it be not continued to over exhaustion or decided fatigue. Such exercise never can give a cold, whether in rain, or sleet or snow, unless there be some great peculiarity in the constitution. It is the conduct after exercise which gives the cold; it is the getting cool too quick, by standing or sitting still in a draft of air or open window or cold room. The only

precaution needed is, to end the exercise in a room or temperature uncomfortably warm when first entered, and there remain until rested, and no moisture is observed on the surface. (p. 317.)

If working or walking cause actual fatigue, then horseback exercise is the next best for both sexes, but if not able, then ride in a close carriage, especially in cold weather, or when there is a damp raw wind blowing. You may, in the bitterest, coldest weather, secure for yourself the most favorable of all circumstances for recovery—that is, a cool, dry, still atmosphere, by riding several hours a day in a close carriage, well and warmly clad, with your feet on bottles of hot water. The atmosphere of the carriage will not become impure but to a slight extent, as the cold fresh air is constantly coming in at every crevice at the sides and below, while the warm, used air rises to the top, and is

expelled by the more powerful currents from without.

It is a laborious business to spend hours every day in exercising, for the mere sake of the exercise; therefore, if possible, devise means of employment which will combine utility with your exercise. The reader's ingenuity may devise methods of accomplishing this, adapted to his condition, and the circumstances by which he is surrounded. Some trim, or bud, or graft fruit-trees, work in a garden, cultivate the vine, or flowers, or plough in fields free of stumps and stones, thus requiring no great effort, yet a steady one, which can be left off at any moment, and followed more or less energetically, so as to produce a very moderate degree of perspiration on the forehead, without fatigue; others saw wood, visit the poor and unfortunate, drive cattle. collect accounts, obtain subscriptions, sell books, distribute tracts, ride on agencies. The great object is, useful, agreeable, profitable employment, in the open air, for several hours every day rain or shine, hot or cold; and whoever has the determination and energy sufficient to accomplish this, will seldom fail to delight himself and his friends with speedy, permanent and most encouraging results; and be assured, that these alone are the persons who do or can rationally expect to succeed in effectually and permanently warding off the disease when seriously threatened, or in arresting its progress permanently, when wholly unexpected, by themselves, their friends, or their physicians.

While exercise is important in working off the old, useless, decayed, dead particles from the system, it is equally advanta-

geous in keeping the body warm, by driving the blood to the skin, and keeping it soft and moist; for persons who have a dry. harsh, cold skin, are never well. But pure air is as important as exercise, because the food we eat never becomes blood, until it meets in the lungs the air we breathe; if then we do not take in enough air, or what we do take in is impure, the blood will be imperfect and impure, and, in proportion, unfit to nourish, strengthen and vivify the body. And as in threatened consumption the lungs work more or less imperfectly, and consume less air than the system requires, so much the more need that the air which is consumed should be of the purest kind possible. Therefore, every hour spent out of doors in the pure air, fatigue and chilliness being absent, adds that much to the certainty of your recovery. Thus you see that, while exercise works the old diseased particles from your body, pure air puts the finishing stroke of perfection to the new particles which are to take their place. and the whole body, in proportion, becomes new and fresh, and healthful and young. And whatever advice is given you in other printed or written papers, it is designed as an aid to bring about these things in a shorter time and easier way. This aid is needed in most cases, because, unfortunately, the disease has been neglected or mistreated so long, that nature has lost the power, to a great extent, of helping herself, and medicine must be taken, or the patient perish.

There are two dangers in taking exercise, that of overdoing it, and of getting cool too quick afterwards. Therefore observe the following rules:

If you ride and walk on any one occasion, do the riding first, then the walk will warm you up; but riding after a walk, you

get chilled before you know it.

At the end of a ride or walk, do not, for a single moment, sit or stand still anywhere out of doors, nor on damp places, nor on stone or iron seats. Never end a walk or ride in a new building, or in a room which has been closed for some days, or has no fire in it, especially in winter. Walk quickly, cheerfully, with the chin on or above a horizontal line. Make no other effort to walk straight, except thus to elevate your chin. In other words, hold up your head. Breathe habitually with your mouth closed, in damp or cold weather; and in going into the out-door air,

close it before you leave the house, and keep it closed until you get warm, especially after speaking or singing.

Embrace every opportunity of running up a pair of stairs, or up a hill, with the lips closed; a dozen times a day, if possible. A rapid run of fifty or a hundred yards and back, three or four times a day, with the mouth closed, will be of inestimable advantage. The reasons you can study out at your leisure.

But simple as these things are, never attempt them without the special advice of an experienced physician, for in certain forms of heart affections, as every practitioner well knows, as also in one or two other ailments, such exercises would, in some cases, cause certain and speedy death.

It is of high importance to the healthy who wish to keep so, and to the sick who are in search of so great a happiness as that of being sound and well again, to breathe habitually with the lips closed in cold weather, in going from a warmer to a cooler, or from a cooler to a warmer atmosphere, the injury is perhaps equally great either way. Close the mouth before leaving a concert room, or church, or other warm apartment, and keep it resolutely closed until you have walked far and fast enough to have hastened the circulation of the blood, and made it more full, as well as active.

In going into a warm apartment, from the cold out-door air, the same direction is of not less importance; nor should you go at once to the fire; a delay of two or three minutes is sufficient in this case. The object, in both cases, is the same, to prevent a sudden transition from heat to cold, or the contrary. Such sudden transitions give pain to the solid tooth, or discomfort, when made to a single square inch of the skin; and when it is remembered that the air passages are among the most delicate structures of the body, and that the lungs, if spread out on a wall, would cover a surface ten times larger than the whole skin would do, the importance of the subject must strongly impressed every reflecting mind.

With the above precaution, you need not be afraid of out-door air, night or day, as long as you are in motion sufficient to keep off a feeling of chilliness; hence, in cold weather, exercise on foot is preferable to riding. While walking in moderately cold weather, the hands should be covered with a thin pair of gloves, such as silk or thread, and woolen ones in mid-winter. If you

have to ride in winter, endeavor to have clothing enough to prevent a feeling of chilliness, but be careful to wear a loose fitting boot or shoe; never put on a new pair, winter or summer, when starting on a journey, or coming to the city. In very cold or windy weather, ride in a close carriage.

## HORSEBACK EXERCISE.

Riding on horseback is, perhaps, of all others, the most manly, elegant and efficient form of exercise. In the first place, it cannot be taken without being out of doors, then it enables you to breathe a larger amount of fresh air than if walking, because you pass through a greater space in less time, and consequently a greater number of layers, or rather sections of fresh air, come in contact with the nostrils, with less fatigue. Another advantage is, that all the muscles of the body are exercised in moderation, and, to a certain extent, equally so. And then again, while thus exercising, and while every step forward gives you a fresh draught of pure out-door air, the mind is entertained by every variety of objects, new things being constantly presented. The only thing to be guarded against is a feeling of chilliness; this is essential, for every chill is an injury; whether a man be sick or well, a chill must necessarily be succeeded by a fever, and fever is disease.

Horseback exercise, to be highly beneficial, should be active, a "hand gallop" or a trot; and, if practicable, a different road should be traveled every day, so that the mind may be diverted by novelties, and thus compelled away from bodily ailments.

The English, as a nation, are a stout, robust, hearty race. The nobility have a long list of names who have lived to the age of seventy, eighty, and even ninety years, but horseback exercise with them is a national amusement; many of them make a ride on horseback as much a matter of course as a daily dinner. Almost the only gentleman seen on horseback in New Orleans is the English merchant, showing the power of a national habit and its influence abroad as well as at home.

If parents could be made to comprehend the full advantages of a constant breathing of pure air to their children, and would be at pains to impress their young minds with its high importance; were they to pay more attention to their physical training, requiring them to take active exercise, for hours every day.

on foot and on horseback, there would be some probability that, notwithstanding the heats and impurities of a city atmosphere, those children would grow up in healthfulness, and live to a good old age, instead of paleing away, as they do, long before their prime, growing prematurely old, from a constitution blasted in the bud.

It is owing, mainly, to their delight in out-door exercise, that the elevated classes in England reach a patriarchal age, notwithstanding their habits of high living, of late hours, of wine-drinking, and many other health-destroying agencies; the deaths of their generals, their lords, their earls and their dukes, are chronicled, almost every week, at seventy, eighty, and ninety years; it is because they will be on horseback, the most elegant, rational and accomplished of all forms of mere exercise, both for sons But the whole credit of longevity to these and daughters. classes must not be given to their love of field-sports: it must be divided with the other not less characteristic traits of an English nobleman—he will take the world easy; and could we as a people persuade ourselves to do the same thing habitually, it would add ten years to the average of human life, and save many a broken heart, and broken fortune, and broken constitution.

## GOING TO THE SOUTH.

The colder the out-door air is, the purer it must be, and, therefore, more healthful and invigorating; not only is it more healthful in consequence of its freedom from impurities, but also from the concentration of its life-giving property, because air is condensed by cold; it is packed, as it were, more solid; so that, even supposing two cubic inches of air equally pure, one at the equator, the other at the poles, the one at the poles has a much larger amount of oxygen, the great life-giver and purifier of the blood.

If, therefore, a man is really consumptive, a warmer climate will inevitably hasten his death; and it is wonderful, that it continues to be the stereotyped advice given by northern medical and non-medical men, without the slightest consideration of the ability of the patient to meet the expenses of such a journey; and more, without any opportunity of personally observing, on the spot, whether such advice is for life or death.

#### WOULD A GLASS OF WINE HURT ME?

This is a question often proposed to me as a physician, the patient honestly supposing that it would strengthen him. My uniform reply is,

Substantial, reliable strength is only to be derived from the perfect digestion of plain, nutritious food; all else is transient, fictitious, and worse than useless, as it ultimately, and that within a few hours, always and inevitably makes them weaker than before.

Better a thousand-fold let a man die of ordinary disease than risk making him a drunkard, in restoring him to health by the use of alcohol in any form, even if it could be done.

The use of stimulating drinks, and they are used only because they do stimulate, are wholly pernicious to the young, even when of the purest and best of their kind, but immeasurably more destructive when of the kind referred to in the January number of "The Prohibitionist," published monthly, at fifty cents a year, at Albany, N. Y., under the head of "A DEATH-BED REVELATION."

"A large Wine Dealer residing in London recently, on his death-bed, being in great distress of mind, acknowledged to his friends that his agony was occasioned by the nature of the business he had followed for years. He stated that it had been his habit to purchase all the sour wines he could, and by making use of sugar of lead, and other deleterious substances, restore the wine to a palatable taste. He said he did not doubt he had been the means of destroying hundreds of lives, as he had from time to time noticed the injurious effects of his mixtures on those who drank them. He had seen instances of this kind where the unconscious victims of his cupidity, after wasting and declining for years, despite the best medical advice, went to their graves, poisoned by the Adulterated Wines he had sold them.

This man died rich, but alas, what legacy did he leave for his children! Wealth gotten by deceit, and that not of a harmless, but fatal nature."

From an extended and varied observation of twenty-five years, I have arrived at the stereotype advice to all who consult me as to my opinion of the value of the daily use of a small amount of pure wines, or cordials, or brandies, that—

ANY MAN WHO ONCE drinks a drop of "liquor," MAY DIE IN THE GUTTER; he who tastes it never, never can.

#### PATENT MEDICINE.

The following certificate to the efficacy of Patent Pills is taken from the Phil. Mercury.

I, John Lubberlie, was supposed to be in the last stage of consumption in the year '48, suffering at the same time under a severe attack of rheumatism, liver-complaint, gravel, dropsy and cholera morbus. Simultaneously, also, I took yellow fever and small-pox. The latter assuming the chronic form of scrofula, completely destroyed my lungs, liver, spinal marrow, nervous system, and the entire contents of my cranium. I got so low, that I did not know my brother-in-law, when he came to borrow some money. For three months I swallowed nothing but twenty packages of Kunklehausen's pills which effected an immediate cure in two weeks. Sworn and subscribed to, &c.

P. S.—My late uncle, Bacchus Pottinger, was afflicted so long with the gout, (contracted by living too much on bear's meat and alligator's eggs,) that his life became a burden to him. He took only four boxes of said pills, and life was a burden to him no longer.

#### HOW TO SLEEP.

Sound, connected, early, refreshing sleep, is as essential to health as our daily food. There is no merit in simply getting up early. The full amount of sleep requisite for the wants of the system should be obtained, even if it requires till noon. I go to bed at nine o'clock the year round, and I stay there until I feel rested; but I do not go to sleep again after I have once awaked of myself, after daylight. I remain in bed until the feeling of tiredness goes off, if there is any, and I get up when I feel like it. I do not sleep in the day-time; it is a pernicious practice, and will diminish the soundness of repose at night. Dr. Holyoke, after he was a hundred years old, said, "I have always taken care to have a full proportion of sleep, which, I suppose, has contributed to my longevity." The want of sufficient sleep is a frequent cause of insanity. To obtain good sleep, the mind should be in a sober, quiet frame for several hours before bedtime. I think people require one hour's more sleep in winter than in summer. In connection with this subject, the North British Review illustrates the importance of sufficient sleep on a parallel with the natural history of the Sabbath :- "The Creator has given us a natural restorative—sleep; and a moral restorative-Sabbath keeping; and it is ruin to dispense with either. Under the pressure of high excitement, individuals have passed weeks together with little sleep or none; but when the process is long continued, the over-driven powers rebel, and fever, delirium and death come on. Nor can the natural amount be systematically curtailed without corresponding mischief. The Sabbath does not arrive like sleep. The day of rest does not steal over us like the hour of slumber. It does not entrance us almost, whether we will or not; but, addressing us as intelligent beings, our Creator assures us that we need it, and bids us notice its return, and court its renovation. And if, going in the face of the Creator's kindness, we force ourselves to work all days alike, it is not long till we pay the forfeit. The mental worker—the man of business, or the man of letters-finds his ideas coming turbid and slow; the equipoise of his faculties is upset, he grows moody, fitful and capricious; and, with his mental elasticity broken, should any disaster occur, he subsides into habitual melancholy, or in self-destruction speeds his guilty exit from a gloomy world. And the manual worker—the artisan, the engineer-toiling on from day to day, and week to week, the bright intuition of his eyes gets blunted; and, forgetful of their cunning, his fingers no longer perform their feats of twinkling agility, nor by a plastic and tuneful touch, mold dead matter, or wield mechanic power; but mingling his life's blood in his daily drudgery, his locks are prematurely gray, his genial humor sours, and slaving it till he has become a morose or reckless man, for any extra effort, or any blink of balmy feelings, he must stand indebted to opium or alcohol."

A sleeping-room should be large and airy, the higher from the ground the better, even in the country; it should contain but very little furniture, no curtains or clothing of any description should be hung up in it, nor should it contain, for a moment, any vegetables or fruit, or flowers, or standing liquids of any kind; nor should there be any carpet on the floor, except a small strip at the side of the bed, so that in getting out of bed a shock may not be imparted by the warm feet coming in contact with the cold floor. The fire-place should be always left open during the day, for several hours; the windows and doors should be left open while the sun is shining, but the windows should be closed an hour or more before sundown. As soon as a person is dressed

in the morning, he should leave his chamber; the bedding should be hung on chairs and allowed to air for several hours.

On going to bed, a window should be hoisted several inches at bottom, and, if practicable, be let down as much at top, that, while the heavy fresh air comes in below, the light and foul air may pass out above. As a general rule, it is far best to sleep in rooms where no fire has been burning since breakfast, but there should be bed-clothing enough to keep from feeling chilly. If it is bitter cold weather, with high winds, it may be better to build a moderate fire about dark, but not to let it go entirely out before morning. If there is any fire at all in a sleeping-room, it should not be allowed to go out altogether.

A person should sleep in one garment, a coarse cotton shirt, and no more, without a button, or pin, or string about him. No one, who pretends to common cleanliness, should sleep in a garment worn during the day, nor wear during the day a garment in which he has slept; any garment worn should have six or eight hours' airing every twenty-four hours.

No sleeping-room should be less than eight feet high, nor should it contain, for each person sleeping in it, less than one hundred and fifty feet superficial measure, or about twelve feet square.

To show what a bearing a small deficiency in the action of the lungs has on the health, I present the following calculation, applied to a night's sleep of eight hours :- A person in good health and of medium size will, is that eight hours' sleep, breathe nine hundred gallons of air; but if one-fifth of his lungs are inoperative, he consumes in the same time one hundred and eighty gallons less, and in the course of twenty-four hours, seven hundred gallons less than he ought to do. No wonder then that, when the lungs begin to work less freely than they ought to do, the face so soon begins to pale, the appetite fails, the strength declines, the flesh fades, and the victim dies. Not only are consumptions traceable to this habitual deficiency of respiration, but rheumatism, colds, chills, ague, bilious, yellow and putrid fevers, suppressions, whites, dyspepsia, and the like. So that, in every view of the case, any method which secures the prompt detection of this insufficient breathing, and rectifies it without delay, should merit and demand the immediate investigation of every lover of the health and happiness of mankind. See next number.

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# HALL'S JOURNAL OF HEALTH.

VOL. I.]

MARCH, 1854.

[NO. III.

## SPI-RO-ME-TROL-O-GY,

Pronounced with the accent on the antipenult, or fourth syllable, teaches the measurement of the breath, and, by a little license, the lungs themselves, as the breath is contained in the lungs. If a man has all his lungs within him, in full operation, it is impossible for him to have consumption, whatever may be his symptoms, because consumption is a destruction of a portion of the lungs, and when that is the case they can no more have the full amount of breath or air than a gallon measure can hold a gallon after its size has been diminished by having a portion of the top cut off or removed.

It becomes then of great importance to accomplish two things.—

First, to measure accurately, and with as much certainty as you would measure wheat by a standard and authentic bushel measure, the amount of air contained in the lungs.

Second, to ascertain what amount of air the lungs ought to contain in full and perfect health.

The chemist has no difficulty in measuring out to you a cubic foot of gas. The gas which lights our 'dwellings and which burns in the streets of cities, when the moon don't shine, is *capable* of being accurately measured, and so is the air we breathe, with equal simplicity and certainty even to the fraction of a cubic inch.

Take a common tub or barrel, of any height, say two feet, and fill it with water; get a tin cup of equal length, and of such a circumference that each inch in length should contain ten cubic inches of air or water, turn this tin cup bottom upward in the barrel of water, make a hole in the bottom of the tin cup, insert a quill or other tube into this hole, take a full breath and then blow out all the breath you can at a single expiration

through this quill, the air thus expired gets between the surface of the water and the bottom of the tin cup, and causes the tin cup to rise; if it rises an inch then you have emptied from your lungs into the cup ten cubic inches of air; if you cause the cup to rise twenty inches, then your lungs have measured out two hundred cubic inches of air, and by dividing the cup into tenths of inches, you will be able to ascertain the contents of the lungs to a single cubic inch.

This is a lung measurer of the simplest form; it must be so arranged with a pulley on each side of the cup, each pulley having a weight of half the weight of the cup, so as to steady the cup when it rises, and keep it at any point, as lamps are sometimes suspended in public buildings.

Being able then to measure the amount of air the lungs do hold, down to an inch or even a fraction of an inch if desired, the next point to know is how much air ought a man's lungs contain when he is in perfect health, for if a man in sound health can expire or measure out two hundred cubic inches of air, it is easy to see that if his lungs are half gone he can give out but one hundred cubic inches, and so of any other proportion large or small, and the grand practical conclusion is that when a man can breathe out the full quantity, all his lungs must be within him, and the presence of consumption is an utter impossibility in that man; and even if this was the only point to be learned, what a glorious truth it must be to the man who was apprehensive of his being consumptive, that such a thing is simply an impossibility, demonstrably so by figures and by sight. He can see it for himself without the necessity of leaning doubtfully, so doubtfully, sometimes, on the judgment, or expressed opinion of his physician.

To find out how much air a healthy man's lungs should hold, we must act precisely as we would in determining the quantity of any thing else; we must experiment, observe, and judge. We have decided long ago on the average weight of men, their average amount of blood, the average weight of the brain, and surely there ought to be some method of determining the average amount of a man's lungs. But this last would not be sufficiently accurate, to make it safely practical; we must be able to say to this man, your lungs if sound and well will hold so much and to another so much, for the amount

of breath is as various as the amount of brain. A large head has a large amount of brain of some kind or other, and so a large chest must have a large quantity of lungs to fill it; these are general truths only. If a man six foot high, and known to be in perfect health, will give out from his lungs at one expiration two hundred and sixty-two cubic inches of air, that is a fact to begin with.

If a thousand healthy six-footers, or ten thousand do not fail in one single instance to give out as much, then we may conclude that any other man as tall, who gives out as much, is also healthy as to his lungs, and at length the facts become so cumulative that we feel safe in saying that any man, six feet high, who can breathe out at one single effort two hundred and sixty-two cubic inches of air, that man must have all his lungs within him, and that they are working fully and well.

But if in pursuing these investigations, in the same manner, as to healthful men five feet high, we observe that in any number of thousands, not one single one ever fails to give one less than one hundred and sixty-six inches, and that any other number of thousands, five feet seven inches high, and in acknowledged perfect health, never fail in one solitary instance to give out two hundred and twenty-two cubic inches of air, then a thinking man begins to surmise that the amount of lungs a man in health has, bears some proportion to his height; this is found to be the actual fact of the case. And without being tedious I will give the result, that for every inch that a man is taller, above a certain height, he gives out eight more cubic inches of air, if he is in sound health, as to his lungs.

Let the reader bear in mind that these are the general principles—circumstances modify them—but I do not want to complicate the subject by stating those modifications at present. I wish the reader first to make one clear simple truth his own, by thinking of it and talking about it, when occasion offers, for a month, then I may say more.

But, for the sake of making a clear, distinct impression, let us recapitulate:

1. The amount of air which a man's lungs can expire at one effort can be accurately and uniformly measured, down to the fraction of a cubic inch.

- 2. The amount of air which a healthy man's lungs hold is ascertained by cumulative observations.
- 3. That the amount thus contained is proportioned to the man's height.
- 4. That that proportion is eight cubic inches of air for every additional inch of height above a certain standard.

With these four facts, now admitted as such, inferences may be drawn of great interest in connection with other observations, which any reader who takes the trouble may verify.

Observation 1st.—I have never known a man who was in admitted consumption, and whose subsequent death and postmortem confirmed the fact, capable of measuring his full standard.

Observation 2d.—In numerously repeated instances, persons have been pronounced to have undisputed consumption, and as such were abandoned to die, but on measurement they have reached their full standard, enabling me to say they had not consumption, and their return to good health, and their continuance in it for years after, and to this day, is an abiding proof of the correctness of my decision.

Observation 3d.—No persons have come under my care, who died of consumption within a year, who, at the time of examination reached their full lung measurement.

Observation 4th.—Therefore, any man who reaches his standard, has reason to believe that he cannot die of consumption within a year, an assurance which, in many cases, may be of exceeding value.

Observation 5th.—As a man with healthy lungs always reaches his full standard, and as it is impossible for a consumptive man to measure his full standard, then it may be safely concluded that a man cannot die of consumption while he gives his healthy measure, and also that he who cannot measure full measure full, is in danger, and should not rest a single day, until he can measure to the full.

When persons are under medical treatment for deficient lung measurement, accompanied with the ordinary symptoms of common consumption, they improve from week to week in proportion as they measure out more and more air from the lungs: on the other hand, when they measure less and less from time to time, they inevitably die. With this view of the case, the reader will perceive that as a general rule a man can tell for himself, as well as his physician, whether he is getting well or not, and, as an illustration, an article is copied verbatim from the eighth edition of "Bronchitis and Kindred Diseases," Redfield publisher, page 361, on

"THE MATHEMATICAL MEASUREMENT OF THE LUNGS AS A SIGN OF CONSUMPTION.

"The lungs contain air; and their object is to receive, hold, and expel air; a certain amount of this air is necessary to the health of any individual, but that amount must vary in proportion to the size and age of a person, as much as the healthful amount of blood is proportionate to the size and age.

"It is known how much air a man's lungs, in perfect and full healthful operation, should hold, by measuring it as we would measure water, by transferring it from a vessel whose capacity was not known into one whose capacity was known. If, then, I find that every man of thousands, who is in perfect health, emits a certain amount of air from his lungs, I conclude that any other man, under similar circumstances, who gives from his lungs an equal amount of air, must be in good health, as far as his lungs are concerned, and every year accumulates its additional proofs of the same great fact, and when it is known that the lungs work fully and well, an immense burden is at once removed from the mind of the physician, as well as patient, for he has less to do—the patient has less to dread.

"All that the Spirometer does, (or Breath-Measurer, which is its literal signification,) is to measure the amount of air contained in any man's lungs with mathematical certainty and precision, down to the fraction of a single cubic inch. Thus far the patient can see, as well as the physician, what is his actual measure, and by comparing it with what it ought to be in health, he can have some idea of what he has to do, and of his present condition.

"We all must know that if a man's lungs in health should hold three hundred cubic inches, they would, if half gone, certainly not measure over one hundred and fifty, and so of any other proportion, down to an inch.

"The two important uses to be made of this most invaluable principle are—

First. If a man can only expire his full healthful quota of

air, he most assuredly cannot have actual consumption, whatever else may be the matter with him, and the knowledge of this one fact alone, arrived at by such unmistakable evidence, is of incomputable worth to any invalid, not only relieving him of the weight of a million mill-stones, but in affording him an important means of restoration—hopefulness, for we almost all instinctively feel, if it is not consumption there is at least a chance of life; but if it is consumption there is no hope.

"Second. The next important practical deduction is of a two-fold character.

"If the lungs do not give out their full healthful amount of air, it is because they are actually affected, or are threatened. The instrument does not tell this, it must be determined by the mature judgment of the experienced physician.

"If the lungs be in a consumptive decay, the pulse and auscultation, with the data already afforded by measurement, will detect this state of things, with a degree of certainty which is most admirable; and this certainty is made doubly sure, if being under treatment a short time, his lungs measure *less* week after week, for then he is certainly dying by inches.

"But it does not follow, because a man does not measure to his full standard, that he is consumptive; it only shows the one thing, that he is defective as to the action and capacity of his lungs, that deficiency may be the result of decay, or debility, or from the lungs being crowded with phlegm or other fluids; if the deficiency is not from decay, proper treatment will diminish that deficiency from week to week, because the treatment invites back the action of the lungs. Thus it is that the gradual increase in the capacity of the lungs to hold air, when that capacity, by any cause, has been diminished, is demonstrative of a return towards health.

"On the other hand as persons are declining, the measurement decreases week by week, until there is scarce breath enough to enable them to cross the room, and soon they step into the grave.

#### "A WEIGHTY CONSIDERATION.

"Common consumption comes on by slow degrees, and I have never known a case that was not preceded, for months, by an inability of the lungs to measure their full standard. I consider it wholly impossible for a man to have actual consumption, until he has not been able for months to measure the full amount of air. This deficit in the measurement of the lungs never fails to exist in any case of clearly defined consumption, and inasmuch as it always precedes consumption, its existence for some months in succession ought to be considered a symptom of consumption in its early stages, and a course of treatment should be adopted which would annihilate that deficit at the earliest possible moment.

"To show how certainly this deficit of lung capacity, or lung action is removed, when it exists not as an effect of a decay of the lungs, but as an effect of imperfect action, I give here a few cases.

"C. W. F., aged 17, an only son of a wealthy family, was placed under my care May 26, 1852. Thin in flesh, pain in side, sore throat, tightness across the breast, short breath, difficult to fetch a long breath, troublesome running and sniffling of the nose, a weak back, with other indications of a weakly constitution. The measurement of his lungs should have been two hundred and twenty-five cubic inches; their actual capacity was two hundred.

Date.			Pulse.		Weight.		$\operatorname{Br}$	eathing	Lung	g Measure.
" May, 1825,	26,		72		103		•	16 /		200
June	2,		72		103			16	•	206
es.	9,	•	72		$103\frac{1}{2}$		•	16	•	216
	24,		72		107			16		238
July	19,		88		104			20		216
	23,	٠	82	٠	103			18		216
August	7,		78		105			15		230
	24,		76		$107\frac{1}{2}$			16		238
Sept.	29,	•	72		$111\frac{1}{2}$ ,	9		16	•	250
Nov., 1853,	8,		72		$121\frac{1}{2}$			16		252

"The parents of this case, particularly the mother, visited me at different times, expressing the deepest solicitude, and exhibiting an abiding impression that their child, upon whom so many hopes were hung, was certainly going into a decline, especially as he had grown up rapidly, and was a slim, narrow-breasted child.

"The reader will perceive with what admirable promptness the lungs answered to the means used for their development, in the very first fortnight, and with that increase of action a corresponding increase in flesh, so that in four months, and they embracing the hottest of the year, when most persons lose both flesh and strength, he had gained eight and a half pounds, while the capacity of his lungs for receiving air had increased one-fifth, that is, fifty cubic inches, and at the end of a year, when he called as a friend, was still gaining in flesh, and strength, and vigor, with no indication, apparent or covert, of any disease whatever.

"What untold treasure would these parents have given, when their child was first brought to me for examination, to have known that the very next year their son would have been one of the most hearty, healthy, manly-looking young men of his age in New York; and yet there can be no doubt that he would have dwindled away, like a flower prematurely withered, had his case been neglected, in the vain hope of his 'growing out of it!'

"The reader will notice, that on the 13th of July, every symptom became unfavorable; his weight diminished, his breathing was more rapid, and his lung-measurement declined largely, —the reason is, that he left the city in June, and spent some weeks at Newport and Saratoga, with his parents, intermitting all remedial means; but, as soon as he returned to New York. and gave diligent attention to what was required of him, his symptoms began at once to abate, and he steadily improved to his recovery. 'The Springs' have proved the grave of many young people with consumptive symptoms, and older consumptives generally get worse there. The high feeding, or get what you can system of diet at watering places, fashionable hotels, and boarding-houses, their Lilliputian, one-windowed rooms, from one to 'five-pair back,' the midnight clatter along interminable passages, the tardy, or no answer, to bell-call, the look out from your chamber window over some stable, side-alley, or neighbor's back yard; these, with the coldness, and utter want of sympathy at such places, would soon make a well man sick, and will kill instead of cure, the consumptive. They want, instead of these, the free, fresh mountain air, the plain substantial food of the country farm-house, the gallop along the

highways, the climbing over the hills by day, and the nightly reunions with family and kindred and friends. And yet the million stereotype this mistake, against all reason and common sense. Only now and then is one found to choose the better way, against troops of remonstrants and opposers, who never had experience, who never think for themselves,—and that is the brave man who gets well, especially when he is determined to do so.

"Some years ago I published a compact octavo of a hundred pages, on 'Throat Ail, Bronchitis and Consumption, their Causes, Symptoms and Cure,' giving various illustrations in both cases, with the treatment adopted, but like pretty much all who publish on their own account, copies enough were not sold to pay for the paper, consequently they are yet to be had, mailed post-paid to any part of the United States, for one dollar, sent to the Editor's address."

#### CLERICAL LETTER.

The following communication from a former patient is well worthy of lay perusal, and is full of instruction to clergymen. It is a beacon hung out as a warning and a guide to theological students, and happy they who read it early and well. The writer has labored long and hard in the cause to which he has devoted himself, and his name is widely known in this and foreign lands.

One subject is touched, whose importance none but a physician can fully estimate, as a cause of clerical disease; it has so often forced itself upon my attention in seeing its bearing on the health and convalescence of clergymen that I have many times earnestly desired to have the ears of the whole Christian Church for an hour, in order to wake up their attention to

#### ADEQUATE MINISTERIAL SUPPORT.

There are unavoidable troubles in the ministerial calling, sufficient of themselves to keep a conscientious clergyman almost always in a state of painful anxiety. I need not tell them what these troubles are, both within themselves and without; but when to all these is added the unnecessary trouble of a scanty salary, irregularly paid, seldom fully so, with wife and children at home as dear to them as life itself, whose wants must be met,

and yet every source of meeting them cut off, except by the one channel, often compelled to meet these wants by credit, and then the subsequent torture to a sensitive mind of possible failure to meet the engagement, the weakening of his influence among those to whom he preaches, if "the preacher promised to pay, and didn't do it," considered almost in the light of a crime. when, if the same thing were done by a man in ordinary business, it would be thought nothing of, and if done by a rich man, would not even be mentioned, for fear of giving offence, these are things hard-hard to bear, and yet it is a burden which Christian men and tender-hearted women in every section of the Church are daily imposing by the simple sin of inattention. They, in multitudes of instances, take it for granted that their minister is well cared for, and would gladly pay a fourth or a fifth of his salary themselves rather than allow them to labor under such burdens. Church-member, make it your duty this hour to see how it is with your minister.

" Feb. 15, 1854.

My DEAR SIR,—In consequence of my absence from home, the first number of your "Journal of Health" was not received until to-day. I had before had no intimations of its existence. Immediately upon its reception, I sat down to read it, and read it through with interest and profit. It will give me much pleasure to receive and read it regularly, from month to month, and also to embrace every suitable opportunity for recommending it to others. If it can be the means of promoting a practical acquaintance with the philosophy of living, I shall rejoice. seems to me there is a deplorable, and almost universal ignorance on this subject. And as I look back upon the past, and consider my own deficiency in this respect, I am tempted to wish that I might live my life over again. I commenced my professional career fifteen years ago, under the most flattering circumstances. Several very eligible situations were open to me, and I had a bright prospect of extensive usefulness. But all those prospects were soon clouded, and disease seemed to put, one after another, my expectations and resolutions to flight.

"It was not, however, wholly owing to my ignorance of the laws of living, that I was prostrated. I am sorry to add,—what a great multitude of my profession could also do,—that not a little of the sad work of physical ruin, was done by the

people to whom I ministered. I had no personal enemies; but the ceaseless troubles among themselves, and still more, the entirely inadequate pecuniary support they gave me, and the consequent excitement and anxiety of mind, were enough, when long continued, to break down the strongest. It seems to me, my dear sir, that, if you can effectually rouse the public mind, in your Journal or elsewhere, upon this most fruitful source of the numerous break-downs among ministers, you will accomplish a very great and a very important work. An extensive acquaintance with ministers throughout New England enables me to speak what I know on this subject. I speak here of country ministers; in the cities there are, so far as I know, more correct and adequate notions on the subject. We ministers open our hearts to each other about it in secret, but it is very seldom that one can be induced, especially if he loves his people, and earnestly desires to do them good, to disclose, even to a physician, all that bears upon his case as an invalid. While I fully assent to what you say of the laws of health, and know that ignorance of them is the cause of untold suffering among ministers, I also know that the treatment they receive, in the matter of worldly support, and steadfast, considerate, sympathizing moral aid, from those they seek to benefit and save, is doing more to cut short their usefulness, happiness and life, than all other agencies combined. Would not your Journal be the appropriate medium of an occasional communication on this subject?

"Excuse my prolixity. When I commenced writing, I had not the slightest intention of saying anything in this strain. I designed merely to express my interest in the Journal, and to ask that a copy may be sent me.

"I am happy to say that I am still better, though tried by the inclemency and frequent changes of the weather. My little boy also continues better. I enclose one dollar for the Journal, to be directed to this place.

"Yours, truly."

Curious Epitaph.—In a country grave-yard in New Jersey there is a plain stone erected over the grave of a beautiful young lady, with only this inscription upon it:

"Julia Adams, died of thin shoes, April 17, 1839, aged 19."

#### TO RICH CHRISTIAN MEN.

The object of this article is to induce you to send—five—ten or a hundred dollars a piece, to enable us to furnish the Journal to theological students and clergymen for one year; it will be economy to the Church of more than money can buy, the health and life of your ministers. The following are the considerations offered:—

As a very general rule when a man gets sick it is his own fault, the result of either ignorance or presumption.

No minister has a right to do a thing which has destroyed the health of others. This Journal will give facts, from time to time, which will show how health has been lost; and forewarned is to be forearmed.

A clergyman becomes more valuable to the Church every additional year of his life, from his increased experience, wisdom, personal forbearance and kindliness toward all his race, up to the full age of fourscore years and over. But scarcely a week passes without bringing to our knowledge the name of some eminent or useful preacher, who has given up his charge on account of ill-health, some of them at the early age of thirty years.

It is no uncommon thing to hear of young men, "the hope of the Church," leaving the "seminary" on account of ill health.

Multitudes of instances have occurred where young men of unusual promise have entered the ministry, only to die at the threshold. All over the land are clergymen, who have gone down from their great work on account of ill-health, and are making a painful and precarious living by keeping store, teaching school, working on a farm, or worse still, existing on in heart-eating idleness, because they can find nothing they "can turn their hands to," while their children are growing up in neglect, and want, and pinching poverty. Who can measure the depth of that heart-gnawing which an educated and refined father must endure, who contemplates the sad sight from month to month and—hopelessly.

It possesses high advantages for ministers to get sick in the city, a substitute is secured, salary is continued, and a purse of a thousand or two is made up to defray a year's expense abroad, but such is not the happy lot of the country clergyman. His

salary at most, when regularly, and promptly, and fully paid, is barely enough to meet the actual necessities of his family. When he becomes disabled, he has nothing laid up for a rainy day, and as he cannot perform his duties, his salary is as certainly stopped, as the wages of a day laborer on a ditch or a railroad; and then comes the want, the fearful struggle, and the terrible crushing-up of hope and ambition, literally terrible!—how terrible none can so well know as the physician, to whom these tales are told so often by the strong man in tears. The Editor's office and correspondence can bear witness to many scenes like these, and he has been led thereby to attempt a preventive,—and that is, the publication of this Journal, which shall instruct young gentlemen at the "Seminary" and clergymen "in the field" how such disasters are brought about, and knowing them rightly, that is practically, is to avoid them: thus—

I once knew a clergyman of some fifty-five years, of singularly retiring manners; he was a worker, and he had a great mind; he commanded the best pulpits in the State, and he had no superior there. On one occasion he preached with his usual earnestness in a warm room in cool weather, and perspired freely; it was in a country church, at night. After the services he went home with one of the members, and was soon shown to the "prophet's chamber;" he discovered the sheets were a little damp, that the room and bedding seemed to have been unused for some time; there was a rawness in the atmosphere of this apartment which was exceedingly unpleasant, but not wishing to give trouble he retired; the perspiration was immediately checked, he became thoroughly chilled, and died the next day in unutterable agony, his last words were, "I can't bear this pain long." Can any clergyman read this, and place himself in damp sheets within an hour after preaching a sermon with energy enough to dampen his inner garments by the perspiration from his person? Such a man thus instructed would bear the curse of a suicide.

Another clergyman, second to none in this wide land, rises at four every morning the year round, and from the perfect darkness of six or eight hours' sleep exposes the eyes to the glare of artificial light on a white page, and perseveres in it, against the advice of his physician. The result is an impairment of the sight, a cessation from all ministerial labor, a useless journey

abroad, the giving up of his Church, with that abiding depression, that deep despondency which a good man feels, who is thus told before the heat and burden of the day is past, that his work is done. Some three years have thus passed away, and whether he will ever be restored, time only can tell. Has any sane man, after learning this fact, any right to suppose that his eyes are so much better than others, that they can endure such use with impunity? Not one man in a thousand can thus use them. Any man of common sense ought to have known, without the experiment, that such a course could not be otherwise than pernicious, but it is notorious that clergymen have not common sense. Somehow or other, they often become possessed with the idea that however any specified practice or thing may injure others, it would not injure them, and thus practically claim an exemption from the common laws of mortality. Is that right? What is a miracle? It is the suspension of a natural law for some special object. Has any creature a right to demand of his Maker the suspension of any of his laws, for his accommodation, that he may do silly . things with impunity? I think not. This Journal, properly conducted, will be calculated to remedy these evils, and thus save millions of money to the Church; for when one clergyman leaves the ranks, another must be educated, at an expense of at least three thousand dollars, to take his place, and when he does, he is nothing but a raw recruit, and alas, but too often, in consequence of inexperience, flounders, and falls into a lifelong inefficiency.

Money has been sent to me by practical Christian men, unsolicited, to pay for the Journal for their minister, and that circumstance has suggested this article, which is closed with the single statement, that twenty per cent will be allowed on any money sent to me for the above purposes,—that is to say, for every hundred dollars, or other amount in proportion, one hundred and twenty Journals will be sent one year, to as many specified addresses; and if none are specified, it will be sent to Clergymen in alphabetical order of the denomination of the donor.

Christian men, think of this. As soon as the publisher of the Journal is paid, the Editor will do more than any of you in this direction, he not being dependent on the Journal, by any means, for a living. It originated in a desire to preserve the health of

theological students and clergymen, and was intended to be edited in the odds and ends of time, which rising at five o'clock the year round would give from another calling; not indeed to read or write by candle light morning or evening, for this he has not done for twenty-four years, but to do other necessary things, which do not require any special strain on the eyes, such as attending lectures, sawing wood, mechanical contrivances, and above all romping and playing with the children, Nelly, and Molly, and little Bob, which by the way is the most delightfully glorious form of exercise imaginable, delightful to myself and them now and mournfully pleasing to them, the reminiscence, in after years when I have passed away.

Let me warn the reader here, in a separate paragraph, which will more than pay him for reading this article, never to take a step, for the mere sake of exercise. To walk a mile to a post and then turn round and walk back again, must be the most tiresome of all tiring jobs. I speak from conjecture. I do not now recollect ever to have tried it. The reader might try it once, it may be a lesson, the memory of which would last through life, and be an inducement so to arrange things before hand, that exercise might be connected with something agreeable and useful,—that is the kind which tells on the health, as no other can, to the hundredth part of the extent.

# AN OFFER TO CLERGYMEN.

This Journal originated in a desire to promote the interests, the happiness, and well-being of clergymen, and they are in turn hereby called upon to do something to extend its circulation, if they approve of its professed object. The Editor never so thoroughly works with a will as when he knows himself paid for it; he does not profess to work for any one without pay. A free liberal compensation is a great quickener of both physical and mental capabilities; it is human nature, hence he has always insisted on, and paid, the highest charges for medical attention to the members of his family when absent, or otherwise; knowing it to be the most efficient method of securing prompt, willing, and undivided attention in subsequent emergencies. He knows that it is customary among regularly educated practitioners of the old school, not to charge one another or clergymen. He

does not profess this to be his practice. He is satisfied from a long and wide observation, that it is better both for practitioner and patient, that there should be a quid pro quo; the patient thus retains his independence, which should always be held as sacred as the birth-right used to be, and to sell it for a mess of pottage or—physic, is as unmanly, especially when the pottage never fails to afford comfort and present relief, while the physic sometimes does.

Therefore, the Editor makes the offer, that any who will send four dollars, will have *five* copies mailed to any desired address; —or,

Any one sending three dollars will have three copies sent, with a copy, post-paid, of "Bronchitis and Kindred Diseases," eighth edition, 12mo., 376 pages, 1854. (See Table of Contents on Cover;)—or,

Any person sending twenty dollars, will have thirty copies sent to any desired address.

The Editor thinks, that whatever is done to promote the circulation of this Journal, will be a public good, for the time has come when the study of the health must become an essential branch of primary education; every year increases the necessity. Our fathers and mothers are still hale and hearty, at sixty, seventy, or eighty years of age, and yet they never bothered themselves about the liver and stomach, and digestion, and brown bread and baths, and hair brushes; they lived in blissful ignorance of the locality of the liver, "lights," or any thing else than the stomach; the whereabouts of "that animal," they are regularly and pleasureably reminded of, three times a-day; but not so with us, their degenerate sons, whose houses are cumbered with double sashes to keep all the pure air out, while every pains is taken to keep the foul air in; with patent shower baths to chill us to death; with hot air fur-.naces to stew us with their stifling, humid heat; with carpets to hide dust and dirt, to harbor dampness and noxious gases; and lazy loafing rocking-chairs, to insure three crooks in every spine; and cushioned ottomans, sofas, lounges, fauteuilles, visa-vis, and a great many other French things, to engender constipations, piles, fistulas, and lingering death. They indeed lived in log houses, and sat by roaring wood fires, feasted on plain "hog and homminy," used burnt bread-crust for coffee,

drank "yerb teas" instead of "store tea," wove flax and linsey-woolsey, and manufactured what they wore, in the loomhouse, which was considered as indispensable an appendage to a dwelling, as a kitchen; they went to bed a little after "candle light," and rose at the "crack of day," working steady in the open air from "morning to night," beginning their "Sabbath" at Saturday sundown, walking across the fields "to meeting" on Sunday morning, taking a light lunch at noon, under the shady trees, in the church-yard, not so engorging themselves with a rich Sunday dinner of extra invitingness, as to render them so insufferably stupid and sleepy during the whole of the afternoon, as to cause it to be made "fashionable" to have no "preaching" in the afternoon, but to snore it out at home, in blissful security of its ever being known by the interruption of comers-in, because it isn't pious "to visit on Sundays."

Persons who have lived thus, regularly, industriously, temperately, religiously, can well afford to be ignorant of the laws of health, and the precautions necessary to preserve it to modern livers, for to those who live naturally, nature is a self-regulator, her instincts are a guide and a safeguard as to health and disease. But men, whose whole lives are artificial, must study how to preserve the health under such artificial circumstances, or the race will die out, and nothing else can prevent it except intermarriage among hardier tribes—but where are they to come from?—civilization is deteriorating the physique of the nations across the waters, as well as here. Be assured, reader, that the only remedy for the physical salvation of man is to secure a practical intelligence as to the laws of his being, and such is the designed tendency of this Journal.

#### CARPETS

Are scarcely known in the West Indies, and not one room in a hundred in Paris has a carpet.

The floors of Parisian dwellings are made of brick, usually square, and are cleaned with brickdust and water, and are then rubbed until a mirror-like polish is obtained. See the lower hall of the Prescott House in Broadway.

#### SMALL POX-VACCINATION-VARIOLOID.

For the week ending Feb. 11, 1854, in New York city, fifty-seven persons died of Small Pox, making two hundred and forty-five deaths, or nearly six deaths a day from that terrible disease since the 1st of January last. Vaccination is the only protection, except that of having it in the natural way. Vaccination is performed at all the Dispensaries, free of charge. I earnestly advise the permanent residents of New York to apply to some well known, long established, and reputable physician, whose duty it is to have always on hand fresh vaccine virus, taken by them from patients known to themselves personally to be young, healthful, and of sound constitution and blood,—otherwise Vaccination cannot be relied on as a preventive against Small Pox.

What is Vaccination? What is Varioloid? How often ought Vaccination to be repeated? How may I know for myself whether Vaccination has indisputably taken? A satisfactory answer may be had by purchasing the February number of Dixon's "Scalpel," for 25 cents, from Dewitt and Davenport, Tribune Buildings, New York; Peterson, Philadelphia; Reading & Co., Boston. There are two other admirable editorial articles in this same number, which are of vital interest to the whole community—What is a Catarrh or common Cold? What is Dyspepsia?

WHEN DOES VACCINATION TAKE?

On the seventh or eighth day after the "operation," we see a brown centre, of an oval shape, surrounded by pearl colored dots; outside of these is a reddish appearance, fading away into the natural color of the skin; after the vesicle has passed away, which is in seven or eight days more, a perfect vaccine crust or scab presents itself in the place of the vesicle, so that it cannot be certainly told whether a vaccination has "taken" until the fourteenth or fifteenth day. When the pearly dots do not appear then it has not taken, and the person is either unprotected, or a previous vaccination has not run out. If after three trials no pearly dots appear around any sore which may present itself, then we may feel assured that the person remains fully protected.

#### HOMINY.

It is surprising how little is known of this nutritious healthy food, and what an excellent substitute it is for potatoes during the continuation of the disease among them, which renders some

that are fair to the eve, unfit for food, and all exceedingly dear. As we write, our hostess informs us that potatoes, hominy, and white beans are all of the same price-\$2 50 a bushel, and rice but a little dearer. If a man can afford to eat fried gold for breakfast, boiled bank notes for dinner, and roasted dollars for supper, he can afford to eat potatoes cooked in the same way, and not otherwise, at present prices. In point of economy as human food, one bushel of beans or hominy is equal to ten of potatoes. Hominy, too, is a dish almost as universally liked as potatoes, and at the South, about as freely eaten, while at the North it is seldom seen. In fact, it is an unknown food, except to a few persons in cities. By hominy we do not mean a sort of coarse meal, but grains of white corn, from which the hull and chit, or eye has been removed, by moistening and pounding in a wooden mortar, leaving the grains almost whole, and composed of little else but starch. It has often been said, not one cook in ten knows how to boil a potato. We may add another cypher when speaking of the very simple process of cooking hominy. We give the formula from our own experience, and instructions received in a land where "hog and hominy" are well understood.—Wash slightly in cold water, and soak twelve hours in tepid, soft water, then boil slowly from three to six hours in the same water, with plenty more added from time to time, with great care to prevent burning. Do not salt while cooking, as that or hard water will harden the corn. So it will peas or beans, green or dry, and rice also. When done, add butter and salt; or a better way is to let each season to suit the taste. It may be eaten with meat in lieu of vegetables, or with sugar or syrup. It is good hot or cold, and the more frequently it is warmed over, like the old-fashioned pot of

> "Bean-porridge hot, or bean-porridge cold, Bean porridge best at nine days old."

So is hominy—it is good always, and very wholesome, and like tomatoes, only requires to be eaten once or twice to fix the taste in its favor.

HOMINY BREAKFAST CAKES.—Mash the cold hominy with a rolling-pin, and add a little flour and milk batter, so as to make the whole into little cakes in the hand, or it may be put upon the griddle with a spoon. Bake brown, eat hot, and declare you never ate anything better of the batter cake kind.

Hominy and Milk, hot or cold, is as much better than mush and milk, as that is better than oat-meal porridge.

Hominy Pudding.—Prepare as for batter cakes. Add one egg to each pint, some whole cinnamon, sugar to suit the taste, and a few raisins, and bake like rice pudding. A little butter or chopped suet may be added. Serve hot or cold, with or without sauce.

Hominy and Beans.—Mix equal parts of cold baked beans and hominy together, and heat up, and you will have an excellent dish.—The Plow.

#### NOTICES OF OUR JOURNAL.

We have received the first number of this publication, designed to aid the people to prevent disease, by proper attention to food, sleep, exercise, dress, &c. It will have a special reference to clergymen and theological Students, and as the author has for many years devoted his attention particularly to diseases of the throat and lungs, we doubt not his Journal will contain many valuable suggestions to this class. We have ourselves derived great benefit from pursuing the judicious advice given us by Dr. Hall about a year ago.—Baltimore True Union.

Hall's Journal of Health.—Dr. W. W. Hall, of New York, has commenced a monthly magazine with the above title. He is a physician of high standing, and has been particularly successful in treating diseases of the throat. The contents of the first number are: Editor's Address: Subjects to be Treated; Eating and Drinking; Tea and Coffee; Use of Milk; Dr. Nott's Munificence; the Food we Eat; How to attain Old Age; Too White Flour; Travelling for Health; Wearing the Beard, &c.—Cincinnati Christ. Herald.

"Hall's Journal of Health," is the title of a neat, well written and better edited monthly, which comes to us from New York. It is edited by Dr W. W. Hall, a physician of varied practice, both in the South and North. This Journal will supply a want that is felt in many family circles, viz.—some plain, practical treatise which shall tell us "how to take care of health." This reminds us of what Colton says on this subject, "how happens it that all men envy us our wealth, but that no man envies us our health? The reason perhaps is that, it is very seldom that we can lose our wealth without some one being the better

for it, by gaining that which we have lost; but no one is jealous of us on account of our health, because if we were to lose that, this would be a loss that betters no one." The "Journal of Health" before us seems to be written in a style adapted to all readers.—West Jerseyman.

We have received a copy of "Dr. Hall's Journal of Health," and have examined the No. before us. We are favorably impressed with the lucid style in which his arguments are advanced, and think that by its general perusal a change upon the health and destinies of man might be wrought. There is great room for the improvement of the habits of the present generation, and until a change in this respect is made, disease of every type will predominate. We commend the article of "Criticus" below, who has had opportunity of discussing the merits of the work and will take pleasure in exhibiting a copy of it to all who may call at our office.

"It is the only Journal of its kind in Europe or in America. It strikes at a principle of reform not before contemplated by Medical men—'the prevention and cure of disease without medicine.' The idea at first seems to be a novel one, but we readily admit its plausibility. Dr. Hall is a regular graduate of the old school. It seems that he intends to communicate his knowledge not to the medical world, but to all mankind. The pages of the 'Health Journal' will be devoted to this object, showing that Nature is recuperative, and capable herself of managing disease.

"We notice in the *Home Journal* several extracts from the Book lately issued by Dr. Hall, and think his extensive practice and scientific investigation commands our attention on the points above.

"A celebrated divine now living of orthodox Calvinistic faith, remarked to a class of pupils, that when the period of the Millennium came, the lives of the living would be young when they died at an hundred years of age.

"'How can that be?' replied the inquisitive. 'Why, sir, the reason is this, that the human constitution will be more perfectly understood, and its contingencies more naturally attended to.'"—Chatt Jour.

"This new Monthly is designed to instruct the community at large, but more especially Students and Professional Men in the

laws of health, that by the observance of these they may forestall disease. The Editor, Dr. Hall, of this city, has had much experience in diseases of the throat and lungs, and his remarks on the causes of these will have a special value."—New York Independent.

"HALL'S JOURNAL OF HEALTH" assumes the principle, that "health is a duty." Dr. Hall does not give recipes, unprofessional, nor will be give a series of prosy lectures on physiology and hygiene, such as nobody will read. Dr. Hall, you are right, but the asini multitudinum will not profit. Teach the art of destroying life and they will build you a monument, but inculcate the art and duty of prolonging it, and they will tear down their houses to hurl brickbats at you. We are no candidate for martyrdom, yet we believe that almost all persons are suicides or are murdered.

"To those who want a good common-sense Journal of Health, without whims and technicalities, we recommend this Magazine."—Syracuse Daily Journal.

# NEW SHOES MADE EASY.

The luxury of an "old shoe" is universally appreciated. Any one so fortunate as to be able to prefer comfort to looks, parts with an old boot or shoe with great reluctance. The money cost of a new pair may be of no consequence, but the suffering which they will in all probability occasion for days, if not weeks, cannot be lightly regarded. Corns are the necessary result of a tight shoe, giving discomfort, pain, and sometimes torture for the remainder of life. Every physician knows that corns improperly tampered with, sometimes destroy life, the sufferings from them in such cases being often terrible—literally, terrible.

The Editor, for some years past, has had no trouble in having a new boot or shoe made to feel easy and comfortable, not only for the first week or two, but from the time they are first put on, until they are worn out: and, for the sake of "toes" proposes the expedient for trial, thinking that it may work as well with others as it has always done with himself.—Before going to have your measure taken, or to select a pair already made, put on two pair of thick woollen socks.

The expedient is simple, easily tried, and has given to the Editor results, really delightful.

# NOTICES OF BOOKS, PERIODICALS, &c.

THE NEW YORK MEDICAL GAZETTE AND JOURNAL OF HEALTH, Edited by D. Meredith Reese, M.D., LL.D., published monthly, at two dollars a year, 44 pages, 8vo., 852, Broadway.—Dr. Reese is a veteran in the profession, of large experience, extensive research and learning, and of great practical ability; among the subjects treated in the March number, are Homœopathy and Orthodoxy, in answer to an article in Putnam's Magazine. Theology of Homœopathy; Parisian Correspondence, which is an article of very considerable interest and value; Medical Phantoms; Medical Legislation in Albany; New York Opthalmic Hospital; Reviews; Notices, &c.

THE HORTICULTURAL REVIEW AND BOTANI-CAL MAGAZINE, conducted by John A. Warder, M.D., and Jamer W. Ward, Esq., published monthly, by H. W. Derby, Cincinnati. Three dollars a year; each number 8vo, of 100 pages, double columns. Exchange Newspapers and Periodicals are requested to direct to "Derby's Review, Cincinnati, Ohio."

The February number alone, contains an amount of useful information far exceeding in value a whole year's subscription.

ARTHUR'S HOME GAZETTE: Philadelphia, Monthly, \$1.25 a year; one of the very few monthlies of its kind, which may be safely admitted into all families.

All written communications to be addressed, post paid, to "Dr. W. W. Hall, New York."

All orders, exchanges, and books for notice or review, must be addressed simply to

"HALL'S JOURNAL OF HEALTH, NEW YORK,"

or, if within the city, to the office of the Editor, 37 Irving Place, New York, near Union Square, until May 1st next, and there-

after, at his private residence, 42 Irving Place.

A PREMIUM of twenty-five dollars will be paid to any subscriber who will write, from his own experience, the best description of How I LOST MY HEALTH, to contain about eight hundred words, on or before the first day of July next. A sealed envelope should accompany the manuscript, containing the full name and address of the author, none of which will be broken, except that of the successful one; these envelopes will be returned by mail, unopened and prepaid, to each one who desires it. The manuscripts will be retained, unless called for.

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The "Journal" will be sent one year to any established newspaper or periodical which will notice its appearance, and copy the contents of this month's number—provided such publication is sent, with the article scored, to address of

"HALL'S JOURNAL OF HEALTH, NEW YORK."

P.S. To allow time for Subscriptions to be sent in, the next number of the *Journal* will not be issued until the twentieth of May; this will be a double number. Thereafter it is designed

that the Journal shall appear the middle of each month.

Among other things the next number will contain a full answer to the following questions:—What is Bronchitis? How do persons get Bronchitis? What are its symptoms? What is the difference between Bronchitis and Consumption? What is the difference between Bronchitis and Throat-Ail, or Clergymen's Sore Throat? How do persons get Throat Ail? What is its peculiar symptom, present in all cases, absent in none?

Persons to whom this number is sent, post paid, will please consider it an intimation that the editor desires them to become subscribers.

# HALL'S JOURNAL OF HEALTH.

VOL. I.]

APRIL, 1854.

[NO. IV.

#### THE LUNGS

Of a common man contain about one hundred and seventy millions of little bladders, or air cells, or little holes of different sizes, as in a sponge, and if these were cut open, and spread out, they would cover a space thirty times greater than the man's skin would; over one side of this vast surface the blood is spread out. by means of very small blood vessels; on the other side the air is diffused, and the substance of these little bladders is so thin, that the blood and air, in effect, come in contact, and the result of this contact is purification, heat and life; and death is the result, if this contact is prevented for three minutes; the reader will feel. therefore, how great is the necessity for a constant and full supply of pure air to the lungs. Hence the reason that those who live out of doors the most, live the longest, other things being equal. Of the 120,000 who die every year in England and Wales of Consumption, the greater number is among in door This is the reason too, why the families of the rich in cities, soon become extinct; in summer they stay in the house to keep out of the sun, and in the winter to keep out of the cold; their faces are pale, their skin is flabby, and their limbs are weak; a young girl is put out of breath if she runs across the street; and seldom a day passes without a complaint of a headache or bad cold, or chilliness, or want of appetite, while the old father and mother of sixty winters or more, who lived in logcabins, cutting wood, hoeing corn, building fences, mauling rails, feeding cattle, spinning flax, weaving jeans in the old loom house during the day, and knitting socks in the chimney corner at night, going to bed a little after dark, and getting up to work before day, they scarcely know what an ache or a pain is, can eat heartily three times a-day, and are sound asleep in five minutes after the head reaches the pillow, and what is perhaps

better, are always forbearing, good natured, cheerful, hospitable and kind, while their city progeny are poor, helpless, fretful, complaining invalids; heirs to millions they may possibly live to inherit for a brief period, but never can enjoy.

A tall man will take in at a full breath nine pints of air, while in ordinary breathing he takes in one pint, or forty cubic inches. If he be all at once deprived of this whole 40 inches, he will die in three minutes, and if death results from a total deprivation, an injury to health and life must take place in proportion as the amount breathed is less than forty inches; for example, of a hundred letter-pressmen, working in a room having less than 500 cubic feet of air to breathe, thirteen per cent had spitting of blood induced; while as many men having more than 600 feet, gave only four per cent of spitting blood; showing that, that most fatal symptom of Consumption is brought on in proportion as men breathe less pure air than health requires; the effect being the same whether there are not lungs to receive it, or whether there be not the air to be received.

It is with food as with air; a person soon dies if wholly deprived of either, but will gradually and a long time linger, if not quite enough is given for the wants of the system; and all are familiar with the fact, that consumptives gradually die as the lungs, by decay, become less and less able to receive the due amount of air.

# BRANDY AND THROAT DISEASE.

In several instances persons have applied to me who had been advised to take brandy freely for a throat affection. None but an ignorant man or a drunkard would give such advice; it is warranted by no one principle in medicine, reason, or common sense. The throat is inflamed, the brandy inflames the whole body, and the throat affection, being less urgent from its being scattered over a smaller surface, is less felt, and the excitement of the liquor gives a general feeling of wellness, until the system becomes accustomed to the stimulus, and then the throat, body and the man, all the more speedily go to ruin together.

I have in my mind, while writing these lines, the melancholy history of two young men, one from Kentucky and the other from Missouri, who were advised to drink brandy freely, three

times a day, for a throat complaint; one of them, within a year, became a confirmed drunkard and lost his property, and will leave an interesting family in want within another year. The other was one of the most high-minded, honorable young men I have lately known; he was the only son of a widow, and she was rich; within six months he became a regular toper, lost his business, spent all his money, and left secretly for California, many thousands of dollars in debt.

#### HEALTH OF CITIES.

The health of large cities is becoming to be regarded more and more as a subject of highest importance. There is a great difference between them; in some cities one person out of every 25 dies annually, while in others there is only one death to every 50 persons. The following table exhibits several cities, in comparison, both European and American, showing in each how many inhabitants are lost by death every year:

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Portland . . 1 in 62 New York . . 1 in 37 Nice and Philadelphia 1 in 45 St. Petersburg.1 in 37 Palermo . 1 in 31 Glasgow . . 1 in 44 Charleston . . 1 in 36 Madrid . . . 1 in 29 Manchester 1 in 44 Baltimore . . 1 in 35 Naples . . . 1 in 28 Geneva . . . 1 in 43 Leghorn . . 1 in 35 Brussels . . 1 in 26 Boston . . . 1 in 41 Berlin . . . . 1 in 34 Rome . . . 1 in 25 London . . . 1 in 40 Paris&Lyons.1 in 32
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The following is a comparison of six cities of the United S. for one week, ending Saturday, June 21, 1851:

	Deaths		Populatio	Proportion.			
Boston .	 76		. 138,78	8.	 . 1 in 1,826		
New York	 330		. 517,849	9 .	 . 1 in 1,569		
Philadelphia	 150		. 450,00	0.	 . 1 in 3.000		
Baltimore .	 82		. 169,82	5.	 . 1 in 2,061		
Charleston	 17		. 48,01	4 .	 . 1 in 3,584		
Savannah	 12		. 14,50	0.	 . 1 in 1,203		

#### SIR ASTLEY COOPER'S BATH.

SIR Astley Cooper was the most eminent surgeon of his time, and he lived to a good old age, and although he wore silk stockings in the depth of an English winter, he seldom took cold, which exemption he attributed mainly to his morning bath, which he describes as follows:

"Immediately on rising from bed, and having all previously ready, take off your night dress, then take up from your earthen pan of two gallons of water a towel, quite wet but not dropping; begin at your head, rubbing hair and face, and neck and ears well; then wrap yourself behind and before, from neck to chest, your arms, and every portion of your body. Remand your towel into the pan, charge it afresh with water, and repeat once all I have mentioned, excepting the head, unless that be in a heated state, when you may do so, and with advantage. Three minutes will now have elapsed. Throw your towel into the pan, and then proceed with two coarse long towels, to scrub your head, and face, and body, front and rear, when four minutes will have you in a glow; then wash and hard rub your feet, brush your hair, and complete your toilette; and trust me that this will give new zest to your existence. A mile of walking may be added with advantage."

Women and those who are delicate, and who are easily chilled, may modify Sir Astley's mode by adopting that which is described in the following language of a lady to a lady:

# A LADY'S BATH.

"You only want a basin of water, a towel, a rag, and five minutes time. When you get up in the morning pin a petticoat very loosely at the waist, draw your arms out of the sleeves of your chemise, and let it drop to your waist. Take your rag, well wetted, and slap your head and shoulders, rub your arms and chest, and throw handfuls of water around your ears and back of the neck. Then throw your towel across your back and 'saw' it dry. Rub fast until you are quite dry. Put on your chemise sleeves, draw on a night gown, to keep from chilling, while you tuck your skirts up under one arm, until you wash and dry one limb; drop that side and do the other likewise, and be sure that the small of the back and sides get their full

share of rubbing. This done, sit down dip one foot in the basin, rub and dry it, put on your stocking and shoe, and then wash the other."

When needed, I am in the habit of advising the following, which, as a general rule, I think preferable to all others, because it is easily performed, costs nothing, and is practicable wherever there is a rag and a pint of cold water; it leaves no ground of excuse for not performing it, and consequently there is no obstacle to its general employment.

It is my opinion, founded on observation, that a daily bath, to one in good health, is not only not beneficial, but is injurious, while it deprives a man of a valuable prophylactic when he is really sick. A man who is well, should let himself alone! I know very well there is a kind of furor in certain quarters about cold baths, and shower baths. It is often described as a delightful operation, and its healthfulness painted in glowing language. But is it true? It is wonderful how a community will sometimes take up a plausible idea, and run away with it, never stopping to investigate its propriety, its truthfulness, or its safety.

A daily bath, shower or otherwise, is a modern invention, devised to sell bath-tubs. I personally have known but two men. who acknowledged to a daily shower bath, literally a shower-bath every day. One of them died years ago of chronic diarrhea, the other was a hydropathist, a great stout raw-boned six footer. I sat at the same table with him for many months; he was always bathing, and was always sick, he would frequently souse himself in cold water head and ears, two or three times a day. Does any reader of mine know any old man who has been a daily cold water bather all his days, or even for any five years of his life? Did Preisnitz, who gloried in cold water, live to be an old man? Does the observant reader know any man, dead or alive, who practiced a daily cold water bath for three consecutive years, and who enjoyed any remarkable good health, and who did not have good health before he began? Have we any written record of any nation, whose inhabitants practised as a general thing daily cold water bathings? These are inquiries which every reflecting man ought to make, and when they are answered, to conduct himself accordingly.

When a man is not well, bathing of some kind is advisable

under certain circumstances, but it should not be continued too long; as soon as he is well he ought to stop. Once or twice a week persons may advantageously perform the following, if in good health, for the sake of personal cleanliness; if ailing, oftener:

#### TOWEL BATH.

As a general rule, the best method is to dip a coarse cloth or a coarse linen or tow or hempen glove in cold water, squeeze it so that the water shall not dribble about, lay it flat on the hand, and with breast projecting and mouth closed, begin over the breast, on getting out of bed in the morning, and rub fast and hard, gradually extending it all over the body, as far as you can reach in every direction. This operation should be performed within ten minutes in summer, and within three or four in winter. Keep on the stockings, and when done, dress quickly, and go to the fire, if in cool weather, or take some exercise, active enough to make you feel comfortably warm.

# KEEPING THE TEETH CLEAN.

At a meeting of the American Academy, Dec. 1849, a paper was read by Dr. H. I. Bowditch, on the animal and vegetable parasites infesting the Teeth, with the effects of different agents in causing their removal and destruction. Microscopical examinations had been made of the matter on the teeth and gums of more than forty individuals, selected from all classes of society, in every variety of bodily condition; and in nearly every case animal and vegetable parasites in great numbers had been discovered.-Of the animal parasites there were three or four species, and of the vegetable, one or two. In fact, the only persons whose mouths were found to be completely free from them. cleansed their teeth four times daily, using soap once. One or two of these individuals also passed a thread between the teeth to cleanse them more effectually. In all cases the number of the parasites was greater in proportion to the neglect of cleanliness. The effect of the application of various agents was also noticed. Tobacco juice and smoke did not impair their vitality in the least. The same was also true of the chlorine tooth-wash. of pulverized bark, of soda, ammonia, and various other popular detergents. The application of soap, however, appeared to

destroy them instantly. We may hence infer that this is the best and most proper specific for cleansing the teeth. In all cases where it has been tried, it receives unqualified commendation. It may also be proper to add, that none but the purest white soap, free from all discoloration, should be used.—American Annual of Scientific Discovery.

Benefit of Action.—So far from complete inaction being perfect enjoyment, there are few greater sufferings than that which the total absence of occupation generally induces. Count Caylies, the celebrated French antiquary, spent much time in engraving the plates which illustrated his valuable work. When his friends asked him why he worked so hard at such an almost mechanical occupation, he said—"Je grave pour ne pas me pendre"—I engrave lest I should hang myself. When Napoleon was slowly withering away, from disease and ennui together, on the rock of St. Helena, it was told him that one of his old friends, an ex-colonel in the Italian army, was dead. "What disease killed him?" asked Napoleon. "That of having nothing to do," it was answered. "Enough," said Napoleon, "even had he been an emperor."

Anointing with oil.—Professor Simpson, of Edinburg, has been the means of bringing to light a curious corroboration of the sanitary value of the ancient practice of anointing with oil. It appears that the learned professor, when recently visiting the manufacturing town of Galashiels, was casually informed that the workers in the wool-mill in that place were exempt from the attacks of consumption and scrofula. On inquiring of the medical men in the vicinity, the truth of the statement was confirmed, and it was then deemed expedient to pursue investigations on a broader scale. Communications were accordingly sent to physicians residing in Dunfermline, Alloa, Tillicoultry, Inverness, and other districts where the wool-mills are in operation; and in the case of all it was ascertained that similar immunity was enjoyed from the fatal diseases mentioned. It further appeared that, in some of the localities, scarlatina had been added to the list; and, also, that employment in the mills not only preserved health, but children of delicate constitutions were sent to be wool workers. for the express purpose of acquiring strength—a result in almost every instance attained.

# LONGEVITY OF LITERARY WOMEN.

The following examples show that devotion to literary duties is not necessarily destructive to the health and lives of women:

Name.		Died.	Age.	Name.	Died.	Ags.
Mrs. Hofland .	. ]	1844	74	Miss Birney	1840	88
Jane Porter .		'50	74	Hannah Moore .	'33	88
Mrs. Chapone.		'01	75	Joanna Bailey .	'51	89
Mrs. Sherwood		'51	77	Mrs. Carter	'06	90
B. Maria Roche		'45	80	Jane West	'52	93
Mrs. Barbauld.		'25	82	Hon. Mrs. Monkton	40	94
Mrs. Piozzi .		'21	82	Harriet Lee	'51	95
Mrs. Edgeworth		'49	82	Mrs. Garrick		97
				Caroline L. Hersche		98
•						

# MODERN LONGEVITY.

The following are the names of persons who have died within a few weeks past:

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Name.			Place.		Age.
Capt. A. Partridge			Connecticut	. 1	70
Thomas Gascoigne					70
W. W. Groesbeck			New York		70
Thomas Banks .			Virginia .		70
Joseph Trotter .			Philadelphia		71
Thomas Gould .			Illinois .		71
Hon. John Gebhard			New York		72
Charles Vezin .			Philadelphia		73
Dr. Samuel Carter			Brooklyn .		75
Samuel Brooks .			Philadelphia		75
William Wilson .			• .		75
John Armstrong .			Indiana.		77
Jacob Dunton .		•	Philadelphia		 80
Ann Mather .			Pennsylvania		80
Sarah Ward .			Sing Sing		81
William Gardner			England .		83
Archibald Davidson			New York		83
Maj. Sam. Rosseter					85
Rev. William Jay			England .		85
Mary T. Dickinson			Philadelphia		85
C. Č. Watson .			Philadelphia		87
Thomas H. Perkins			Massachusetts		89
Rev. David Compost			New York		90
Abraham Teshune			New York		94
Andrew Davis .			New York		93
Rachel Campbell		:	Pennsylvania		96
			•		

It is worthy of remark, that in every instance of long life given above, of names collected in half-an hour from a bundle of newspapers lying on the floor, the subject was either a man of acknowledged piety or was possessed of high and honorable business capacities; thus offering the premium of a good old age, to all those who choose to live a life of piety and active honorable enterprise and industry. And in view of the following examples of effective working old age, ought not every young clergyman who is prematurely disabled, to investigate the cause, and instead of laying it on the Lord, and calling it a mysterious dispensation of Providence, begin to fear lest the fault lie at his own door, in unwarranted indulgencies or unwise habits of life.

\* \* \* \* \* \* Dr. Van Oven, in his work "On the Decline of Life in Health and Disease," comes to the conclusion that a hundred years and upwards, even considerably upwards, is the term which man ought, by care and prudence, to attain.

The Old Colony Memorial (of Plymouth) says—"Dr. James Kendall, of this place, preached to his people last Sabbath, from the text—'Having therefore obtained help of God, I continue unto this day,' &c. Dr. Kendall is in his eighty-sixth year, and was settled over his people in the year 1800—making a ministry of fifty-four years."

Death of Rev. William Jay, England.—The last steamer brought the intelligence of the death of this venerable man, who departed this life at Bath, Dec. 27th, 1853, in the 85th year of his age. He was the author of the "Morning and Evening Exercises," which bear his name, and which has profited so many thousands of Christians. He commenced preaching at the age of sixteen, at Surrey Chapel, but his regular ministry was confined to Bath, and was never interrupted until he resigned a short time since. He has gone to his grave like a shock of corn, fully ripe. Few men have lived to accomplish so much good, or to leave behind them a name so honored and precious.

The venerable Rev. David Comfort departed this life on the 28th ult., in the 90th year of his age, and the fifty-fourth of his ministry, fifty of which were spent as the pastor of one flock, that of Kingston, N. J.

Rev. Father Nott, of Franklin, Connecticut, died within a

year or two aged eighty-five years, and up to the age of eighty years performed his pastoral duties with ability and energy, with a mind active and wakeful to the last.

## FRIENDS OF THEOLOGICAL SEMINARIES.

Tens of thousands of dollars are expended every year in sustaining the Seminaries which prepare young men for the Ministry, and tens of thousands besides in maintaining some of those young men who are not able to support themselves. It is well known that many a dollar thus expended has been earned by the manual labor of the pious and humble poor. whose pittance, small as it is, is bestowed at a sacrifice of personal convenience and comfort in some instances, and little children are taught to deny themselves some of the common eatables of life that the worth of them may be thrown in the treasury of the Church. Is it right?—Is IT RIGHT?—IS IT RIGHT? ye Secretaries of beneficiary treasuries, that this money shall be expended in fitting young men for the Ministry, when no pains are taken to maintain and secure that good health which is essential to their efficiency? Is one single lecture read to these young men, during the whole three years' course of theological study, which instructs them how to preserve health, the high duty of thus preserving it,—of the criminality of its neglect? Deacons, Elders, Vestrymen, Priests, Rectors, Bishops of the Church, think of it, simply think of it, and answer me-is 't wise ?- Is it right? The most practicable method which suggests itself to my mind at this time, and perhaps the most economical, is the following:-

Let the friends of any particular Seminary send me the money necessary to pay for fifty, or a hundred, or more copies of the Journal. I will obtain an alphabetical list of all the Students in the Seminary designated, and if money enough is not sent to pay for a copy for each, the monthly numbers may be sent to them in rotation, and out of each valuable information may be obtained, which does not appear in books accessible to them. The one article in the February number on "Air and Exercise" cannot be carried out by any sedentary man, not an actual invalid, without giving him a degree of strength and vigor, bodily and mental, to which he has hitherto been a stranger.

I feel no hesitation in making these statements, because I know that the subject is an important one, that it has been long neglected, and by that neglect the Church suffers every year in the premature loss of many among its best men. I know that the evil can be remedied to a considerable extent, and no time is more suitable than the "NOW:" when the relative number of theological students in almost every branch of the Church is decreasing, and has been for several years, while the daily tide of foreign immigration is rolling in its hundreds, and sometimes its thousands, multitudes of whom are steeped in the foulest, darkest poison of the baldest infidelity. Let them come, but invite them to you by kindliness, and when you have thus made them love you as a brother, be prepared to win them over to the better way, by teachers who have steady heads and sound hearts, in sound, vigorous, and healthful bodies, for such are the men to preach the truth with a will, and with a power too, to which the poor, pale, wan, dyspeptic youth must for ever be a stranger. Can a dyspeptic man, or a chronic invalid be trusted to preach the truth always? I think not. The supposition is a contradiction, it is a flat absurdity. A sound mind in a sound body, is as true now, as in the days of the Latins.

# BRIBERY, NEW BRUNSWICK AND TOBACCO.

It is stated that a gentleman offers fifty dollars worth of books, to any theological Student in the Seminary at New Brunswick, New Jersey, who will immediately abstain from the use of tobacco in all its forms, and promise to do so for life. I venture to say that the young man who can only be hired from a vice is a most unfit clerical material. If the use of tobacco is not mischievous, it is wrong to hire a fellow-creature to abstain from a harmless gratification: if its use is hurtful, destroying health. constitution, mind and body, which, by the way, is its demonstrable tendency, then, any noble minded young man will abandon its use, because of its pernicious tendency, and will scorn to receive pay for doing what is right. Many who use tobacco, think that it does them no injury, and some contend that it is a benefit. So does the drunkard. A conscientious man will not rest a practice on a bare impression, especially when that impression is contrary to the convictions of older and

wiser men, whose observations and studies have been directed to the point in question for years together. Under such circumstances, the thorough investigation of the subject becomes an imperative duty, and no brave heart will be repelled from that investigation, from the fear that a change of his convictions will deprive him of a vast amount of animal gratification.

A wiser, and more practical philanthropist, has originated a far more efficient plan for promoting the disuse of tobacco. He offered three prizes for three "Essays on Tobacco," as

follows :-

- 1. Tobacco, its History, Nature, and Effects, with Facts and Figures for Tobacco Users.
- 2. The Evils of Tobacco, as they affect Body, Mind, and Morals.
- 3. Tobacco Diseases, with a Remedy for the Habit.

The prizes were awarded to R. T. Trall, M.D., for the first; to Rev. Dwight Baldwin, for the second; to Joel Shew, M.D., for the third. These Essays have been published by Fowlers and Wells, 131, Nassau-street, New York, in neat tract form, of some twenty 12mo. pages each. Let these three tracts be placed on the desk of every theological Student in the United States, and let benevolent Christian men forward any amount of money they may feel authorized to do, and the Editor of this Journal will, for his part, give personal attention towards having the thing accomplished at once. I think that no man of any mental calibre, unblinded by a habit of animal gratification, can possibly read these tracts and not put his foot on the ground and say instantly, "By the help of God, I'll never use it again."

## FATUITY OF OLD AGE.

It is scarcely possible to conceive of a more terrible calamity than to be old and have no mind, not even the intelligence to know your own child! Mumblings and mutterings, ceaseless and incoherent. To have no understanding beyond that of the animal,—to eat, and drink, and sleep,—dead to yourself, and more than dead to all your kindred. It may come by degrees, it may come like the lightning's flash. It was told me once of one of the greatest clerical minds in America, that in the midst of a discourse, in which the whole congre-

gation was wrapt with an intensity of attention, scarcely to be paralleled, for his was a giant mind among giants, he suddenly placed his hand upon his forehead, and bowing it forward, exclaimed, "God, as with a sponge, has blotted out my mind."

This fatuity is called in medical language, mollities cerebri, softening of the brain. It is hopelessly incurable. M'Duffie and "Tom Moore" thus perished. It may be instructive to the general reader to know who are most liable to this terrible calamity. The great general cause of fatuity is a want of proper proportion of physical and mental exercise. The class which furnishes the largest number of such unfortunates, is that which thinks much and works but little, such as Clergymen, lawyers, poets, married people who have no children, married people who do not keep house but board out and have nothing to do, but live on their income. One of the greatest curses that can fall upon a man in this life is to be old and to be able to live without doing any thing, and thus living. If any woman reader of mine, over fifty, wishes to avoid fatuity, let her be careful not to place herself in a situation which will release her from the cares and duties of housekeeping. No man can say that he will not die fatuitous, despite of his iron constitution, who studies a great deal and devotes but little time to daily exercise; the only safeguard any student after fifty has against it is, that from youth to the hour of his death he shall spend several hours every day in active bodily employment out of doors. Remember the only certain, the only infallible preventive of fatuity is daily physical exercise from early life.

A recent letter writer says, "Glorious old Christopher North lies there in Scotland with the hand of death on him, and the cold, solemn shadow of the grave stealing over him. What merry bouts of wit we have had with him, and what ambrosial nights we have spent together! But the song is ended, the laughter is hushed, and the lord of the feast takes his departure. He has run his career, and that magnificent presence of his is now a wreck. The mountain that we used to look up to with such expectancy, is cold and dark, and will emit no more flashes of wit, or passion, or pathos. Wilson is one of those spirits who start in the race with the loftiest aspirations and boldest prognostications, armed at every point, and mighty to overcome. They loom upon us with such large proportions, and such a flush

of glory clings about them, they seem like the early gods, looming upon us through the dawnlight of time. But somehow, they do not reach the goal of our prophecy. The flower of their promise dies out, but the fruit does not follow. The wondrous impression of their powers which they produce upon their immediate circle of friends and admirers does not get stamped upon the world, and the public reputation of Christopher North bears no comparison to that estimate of his genius entertained by his lovers and worshipers. They are apt to speak of what he might have done, we have to judge of what he has actually accomplished. They stand on the summit of their admiration, and speak of a land of promise we cannot see, and their report to us seems exaggerated. John Wilson has lived his life, rather than written it. Richly endowed, he has lavished his precious gifts in so many ways, rather than concentrate them in one, and no man can be the perfect master in all.

#### PHYSICAL CULTIVATION.

ALL must admit that the bodily habits and occupations of the young have a material influence on their physical development. Contrast the printer with the blacksmith, the tailor with the hunter, the working farmer with the student. If near relations marry each other for a very few generations, the invariable result is bodily deformity and mental imbecility, and if persevered in, the very race and name die out. This is one of the important causes of the decline and fall of nations; it is a law of nature whose infraction is visited with punishment—signal infallible. The practical remedy is opposite marriages, the city should marry the country, the south the north; the sea-shore should marry the interior, the plain should wed the mountaintop: districts should marry wide asunder. This may be the reason that the Patriarchs were sent far from home to marry. It is very certain that the cultivation of the physical man with a view to its more perfect developement, on rational principles, would elevate the race bodily, mentally, morally. A vigorous body rightly educated gives a vigorous intellect, and give this intellect bible teaching, and it becomes the highest type of a Christian—the Christian from principle, the only man in the

wide universe who can be depended on. The following article is a step forward:—

"Baby Exhibition.—The Committee of the Southern Central Agricultural Association have been authorized to offer the following premiums, to be awarded at the next fair in Augusta, Ga., January, 1854.

"1st Premium: Silver Pitcher, \$50 for the handsomest and finest babe two years old.

finest babe two years old.

"2d Premium: Silver Pitcher, \$25 for the handsomest and finest babe one year old.

"3d Premium: Silver Goblet, \$10 for the handsomest and

finest babe six months old.

"The children to be clothed in domestic fabrics; the premiums awarded under the direction of the Executive Committee."

#### HOW TO SIT.

ALL consumptive people, and all afflicted with spinal deformities, sit habitually crooked, in one or more curves of the body. There was a time in all these when the body had its natural erectness, when there was the first departure on the road to death. make of our chairs, especially that great barbarism, the unwieldy and disease-engendering rocking chair, favors these diseases, and undoubtedly, in some instances, leads to bodily habits which originate the ailments just named, to say nothing of piles, fistula, and the like. The painful or sore feeling which many are troubled with incessantly for years, at the extremity of the backbone, is the result of sitting in such a position that it rests upon the seat of the chair, at a point several inches forward of the chair back. A physiological chair, one which shall promote the health and preserve the human form erect and manly as our Maker made it, should have the back straight, at right-angles with the seat, the seat itself not being over eight inches deep. A chair of this kind will do more towards correcting the lounging habits of our youth than multitudes of parental lecturings, for then if they are seated at all they must sit erect, otherwise there is no seat-hold.

In partial connection with this subject, Dr. Potter said, in a recent address at Albany, on

#### AMERICAN MANNERS.

"I am a little afraid that a great many people in this country are rather too prone to undervalue this part of education. Certainly we have no admiration for anything finical or affected in manners. We do not want the manners of a village dancing school. But genuine good breeding, genteel manners, ease, modesty and propriety of bearing, we do exceedingly value. When shall we cease to be described as a spitting nation? as a lounging people? When shall we cease to be known by our slovenly speech, by our sitting with our feet higher than our heads? During an excursion of several months in Europe last year, I met hundreds of English at home, and on the continent in every situation. I never saw one spit. I cannot remember that I ever saw any one, however fatigued, lounging or sitting in any unbecoming manner. So long as the State shall feel itself obliged to provide "spittoons" for its legislative hallsso long as the directors of our railroads shall find occasion to put inside of their carriages printed requests to the passengers to "use the spittoons and not the floor, and not to put their feet upon the seats"-so long as we shall continue to fill our conversation and our political harangues with the slang of the fish market, let us not be surprised, nor angry, if foreigners sometimes make themselves witty at our expense. And in the mean time let all those who are intrusted with the care of the young, use their utmost efforts to correct these national barbarisms, and to form the manners of the rising generation after a model more elevated and more refined."

How to Get Up Early.—Place a basin of cold water by the side of your bed; when you first awake in the morning, dip your hands in the basin and wet your brow, and sleep will not again seal you in its treacherous embrace.

This is the advice given by an aged man, who had been in the habit of rising early during a long life. By attending to this advice, you may learn to rise every morning at five o'clock. The Editor has found it to be a better plan to go to bed at one regular hour. Leave your bed the moment you awake of yourself, after daylight; nature will thus regulate the sleep to the exact amount required by the system.

#### LETTER FROM A SICK ROOM.

"WHEN I tell you, gentlemen, that I am a poor sick girl, propped up in my easy chair, scribbling to you, no doubt you will marvel that I make this exertion, when I can probably say so little to interest either you or your readers. True enough! But as I declare my object to be a simple desire to thank you for that Budget of Goodies, received weekly, I trust you will pardon my boldness. No matter what the weather may be! Does the wind blow? Or the storm come pelting upon my casement? Does my ninth bottle of "Cod Liver Oil" stand staring me in the face? Does "Croton" and "Mustard" nip and bite? Or do sad thoughts steal into my heart, and my little chamber seem dark and solitary? All these evils are forgotter when I hear a light tap upon the door, and "Josey" enters bearing the Home Journal, and the "Dr.'s compliments, Miss," and "hopes you are quite comfortable." Down goes the "oil!" and away scamper "dark clouds" and "sad thoughts!" while my soul enjoys refreshing draughts from your columns. I like everything you say, but especially the hints you drop now and then about those young city ladies who frequent gay scenes, dressing in the most extravagant and ridiculous manner imaginable! Poor silly creatures! But who can blame them, while their simple old "mammas" encourage them in such foolishness! They surely ought to know better; for were they honestly to consult their own situation, physically and mentally, they could but acknowledge that an aching heart and body must be the result. if not premature death. But where, in the name of health and common sense, are the fathers and brothers of these little simpletons? If their mothers are not to be depended upon, why do not those who secretly confess the revolting impression a halfdressed, dissipated, sickly female produces upon their minds.—I say, why do they not forbid such wickedness? Why do they not refuse to accompany, or permit them to go to scenes of amusements or elsewhere, unless comfortably and decently attired? Ah! Echo answers—" Why"!!! You will, perhaps, deem my remarks somewhat severe, but as I sit here in my " easy-chair," my thoughts wander back to past follies and imprudencies, which I would give worlds to recall! "Thin shoes,"

and "damp feet," repeated "coughs" and "colds," flit before me! Warnings came, and passed unheeded, and in bitterness am I reaping the reward of such negligence! Excluded from the world, and often even from personal interviews with dear friends, as excitement and over-talking soon place me upon my sofa, and I lose all I seemed to have gained. "Consumption!" (that fell destroyer,) seems hovering near, and I may well fear him, for already has he robbed us of many dear ones. Once we numbered seven, but now, alas! three are resting in vonder little enclosure. While the dark-eyed "Lizzie" reposes in her native New England, the "first-born" loving and true-hearted "Mary," sleeps far away in the "sunny South." But Death did not stop here! One other! noble and near of kin! bound to our affections by cords that never can be broken, left our home one bright summer day, full of hope, and promising speedy return. But the faithful "Missionary" in a far-distant island of the Pacific, soothed his dving couch, and received his parting sigh! Never shall I forget that morning the sad news reached us that another loved one had gone down to the grave! By the last steamer, had been received letters of happy anticipations, bidding us look forward a few short months, when he would return, and with him a fair bride, whose happiness it should be to supply, as far as possible, the blank left in our hearts by past sorrow. With joy we penned answers full of love and welcome! A few hours later, a black-sealed missive was handed us, and we learned that a "miniature," a "lock of hair," and a few "withered flowers" plucked from his grave, were all we had to look upon of my once-loved brother. A year has passed since then, and now my turn has come to suffer, and perhaps die, ere the rose shall blossom again. One object binds me strongly to earth! A dear old father still lingers with me, trembling upon the verge of eternity, as though unwilling to leave me quite alone! He is so gentle, so kind; and his eye follows me as tenderly as that of a fond mother, and seems to say, "I live but for you," while my poor heart echoes back, "I but for you, dear father!" And now, dear sirs, I must close this "epistle from my easy-chair." Once more let me thank you for your delightful paper, and through you, my good physician, by whose politeness I receive it, and who displays not a little shrewdness in his prescription of the *Home Journal*, in place of useless concoctions and disgustingly crammed pill boxes! Yours, truly,

Louise.

The above letter is taken from the "Home Journal," printed weekly in New York, for two dollars a year, a paper which few subscribers cease to take, as long as it is possible to spare the subscription price, beautiful in its mechanical execution, regular in its appearance, sparkling, varied, and always interesting.

Was that "poor sick girl's" condition a necessity, or the

result of a neglected physical education?

Louise! is your mother's bible near? it will give enduring comfort.

#### THE JOKING CLERGYMAN.

REV. Dr. Byles was the most original compound of religion and mirth, conspicuous in the latter part of the last century in New England. With a good heart, a mind of stable principles, and a decent reverence for his holy office, he nevertheless possessed a buoyant and genial flow of spirits, constantly running over with puns or witty conceits. He maintained his connection with the Hollis street church for forty-three years. He was a hale yet aged man when the Revolutionary war began, and in his political predilections leaned towards the royal side.

In May, 1777, it was deemed necessary to arrest him as a Tory. He was condemned to be placed on board a guard ship and sent to England. Subsequently the sentence was changed to confinement in his house. A sentinel was kept before his door day and night, whom he was wont to call his observ-a-tory. At the last, the vigilance of the board of war relaxed, and the sentinel disappeared; after a while he was replaced, and after a little removed altogether. The Doctor used pleasantly to remark that he had been "guarded, regarded and disregarded." Once the Doctor tried to have the sentinel let him go after some milk for his family; but he was firm, and would not; he then argued the case with the honest but simple fellow, and actually induced him to go after the milk while he, the Doctor, kept guard over himself! The neighbors were filled with wonderment to see their pastor walking in measured strides before his

own door with the sentinel's gun at his shoulder, and when the story got abroad, it furnished food for town gossip and merriment for several days.

The Doctor had rather a shrewish wife; so one day he called at the old distillery that used to stand on Lincoln street, and - accosted the proprietor thus:

"Do you still?"

"That is my business," replied Mr. Hill, the proprietor.

"Well, then," said the Doctor, "I should like to have you go and still my wife."

He served rather an ungallant trick upon this same good lady at another time. He had some curiosities, which people occasionally called to see. One day two ladies called. Mrs. B. was "in the suds," and begged her husband to shut her in a closet while he exhibited his curiosities. He did so. After exhibiting everything else he said, "Now, ladies, I have reserved my greatest curiosity to the last," and opening the door he exhibited Mrs. B. to the ladies.

There was an unseemly "slough of despond" before his door, in the shape of a quagmire, which he had repeatedly urged the town authorities to remove. At last two of the town officers in a carriage got fairly stuck in it. They whipped the horse, they hawed and geed, but they could not get out. Dr. Byles saw them from his window. He stepped out in the street—"I am delighted, gentlemen," said he rubbing his hands with glee, "to see you stirring in this matter at last!" The sore in the ground was healed soon after.

Going along the street one day he found himself in a great crowd near the old North Church.

"What is the matter?" inquired he of a bystander.

"Why, sir, there is a man going to fly from the steeple."

"Poh! poh!" said he, "do you all come here to see a man fly? Why, I have seen a horse-fly."

A learned lady of Boston despatched a note to him on the Great Dark Day, (May 19, 1780,) in the following style:

"Dear Doctor,—How do you account for this darkness?"
His reply was—

"Dear Madam,-I am as much in the dark as you are."

Reader! study now, to have a healthful old age, and then, if good, you can afford to be mirthful, like the brave old Dominie.

#### THE AMERICAN CLIMATE.

" To the Editor of the New York 'Tribune.'

"SIR:—Having read an article in 'THE TRIBUNE' on the American climate, in which it is stated that an English Review and M. Deser have pronounced our climate unfavorable to physical vigor, I must beg permission to say a word on the subject.

"All portions of the earth have their own climate, made from a combination of causes, of which the proximity of water is one of the chief. In Western Europe the climate is what we see from its vicinity to the ocean on the frequency of westerly winds, in carrying the moisture landward; for it is a fact well known to seamen that westerly winds prevail on the ocean, especially on the Pacific, from its greater extent probably, all but constantly above the region of the trade winds, say from 25 to 30 deg., as easterly winds do within those parallels. These westerly winds carry evaporation from our Atlantic coast, instead of bringing it to us, as in Europe. The fact that different countries fall on the same isothermal lines has little to do with their humidity. Ireland and England lie over against Labrador; France corresponds with Canada and New England; Spain and Morocco with our Middle and Southern States. Just go over the Pacific, and you will find at Vancouver's Island, and the country about Nootka Sound, the same climate as in England and Holland, except what may be occasioned by the country back being high land, mstead of low, like Holland. And is not the climate of Californi much like that of Spain? It is, or should by this time be known, that these prevalent west winds north of 30 deg., give mildness of climate to the west sides of both continents, and that in the Eastern part of Europe the air is dry, and the summer and winter temperature more variable. Why, even here in Michigan, the open waters of Lake Michigan in extreme winter weather, when westerly winds prevail, as they usually do, give us 10 deg. over Wisconsin and Northern Illinois.

"I was raised in New Hampshire, but have resided in Oregon, and have observed that the moisture naturally de-

pends on the proximity of water, the course of the winds and the extent and elevation of the land, varying according as the thousands of locations vary as to surrounding objects, In Tartary and other parts of Central Asia, you find the climate of Utah, Nebraska and New Mexico, while the United States are not unlike China. All these circumstances modify the human and other animals the world over. The extremes of our winters and summers I suppose have more to do in forming the American character, than the dryness of the air; for in New England, with the sterile soil and severe winters, activity is necessary to existence, as it were, and the activity and industry thus induced have become habitual and constitutional. It may be with our extreme activity we may not last so long or be so fat as the more phlegmatic Europeans, though we should be compared with the French and Spaniards as to location, and not with the inhabitants of the British Islands and Northern Germany.

"Your obedient servant,

"Grand Rapids, Mich., Jan. 20, 1854."

" J. B."

#### PITCHING INTO NICODEMUS.

A CELEBRATED character of the State of New York, holding a high post in the law, was lately taken ill and confined to his bed for several days. His wife proposed to read for him to which he readily assented.

"My dear, what shall I read?"

"Oh, I don't care much what, anything you please."

"But have you no choice?"

- "None in the world, love; please yourself."
- "Shall I read a chapter or two out of the Scriptures?"

"Oh, yes, that'll do very well."

"But what part of the Scripture shall I read?"

"Any part you like, love."

- "But, you must have some choice, some little preference; we all have that."
  - "No, I have none in the world; read any part you like best."
- "But I would rather please you, dear, and you surely have a preserence."

"Well, well, dear; if you will please me, then, pitch into Nicodemus."

## GOING TO THE SOUTH.

Having been alone in the following opinions, I feel not a little gratified in inserting here a letter, written some time ago, for that ably conducted paper, the New York Observer, by one who seems to have formed his opinions from what he saw, and to have taken a common sense view of the subject, not being himself a physician. It often happens, that the most important discoveries are made by persons not naturally in the line of them.

# "New Orleans, March 21, 1851.

"The climate of New Orleans, owing to the position of the city, and particularly during the winter months, is damp and exceedingly variable, the same weather seldom remaining unchanged in winter for more than three days. Since the 12th of December, the thermometer has not fallen below the freezing point, but the range above that has often been very great within a few hours. Indeed, I have never known more sudden or greater changes in any climate, than I have experienced here. I speak of the climate simply to discharge a duty, in saying that this is not the place for invalids to resort to in quest of health during the winter months, and particularly for those who are suffering from pulmonary disease. Some classes of invalids may be benefited by a residence here, and those whose lungs are but slightly affected, are frequently relieved, or entirely restored, by spending a winter in New Orleans; but where disease of this nature has become serious, and particularly in its more advanced stages, the climate of this region has a decided tendency to precipitate a fatal termination. I have known many, who came here with the hope of having a radical cure effected, whose disease has been aggravated by the change, and in some cases death has hurried them to the tomb precipitately. The climate is not only damp, but relaxing to the system, and there is such a tendency to diarrhœa, particularly in the use of the river water, that consumptive persons, having this latter tendency already fastened upon them by disease, are liable to run immediately down. In this opinion of the influence of this climate upon those who are suffering from pulmonary complaints, particularly from the consumption, I am confirmed by the views of many of the ablest

dhysicians resident here, and I feel, that I am but performing an act of humanity in expressing it.

"In my sojourn here, I have met with so many sad cases of those who are sick and suffering, far away not only from the endearments, but also from the comforts of home, that I am more and more confirmed in the opinion that I have long entertained, that it is far better, as a general thing, for advanced invalids to remain at home, than to wander away, and be sick, and perhaps to die among strangers. Many are the couches by which I have stood this winter, in the discharge of ministerial duty, when the patients have sighed with bitter tears for a mother's heart, and a sister's hand to be near them, and where the only request of an earthly nature they have desired me to make in prayer for them, has been, that they might live to reach home. I have always admired, from my heart, the beauty of the Eastern salutation, 'May you die among your kindred,' but I have never known so much of its beauty as now. It is true. heaven is as near to one place as another, and if we are prepared to enter it through the grace of our Redeemer, when once the last scene is o'er, it matters little to one who is gone, where, or in what circumstances, the last agony was endured; but there is much suffering before this hour arrives, and it leaves a lasting and bitter regret in the hearts of surviving friends, that they were able to do nothing to cheer the last hours of those who have been tenderly beloved. Unless there is a very strong ground to hope for actual restoration by a change of climate, I would advise any actually suffering invalid to remain at home. It has comforts, and palliatives, and anodynes, which are not to be found among strangers, in the most genial clime on earth. Eusebius."

INDESTRUCTIBLE Wood.—Multitudes of human lives, and millions of treasure could be saved every year if our houses could be rendered fire-proof; there is no necessary obstacle to this, if, as is stated, the *Chihoe* tree in Mexico, becomes petrified in a very few years after it is cut, whether left in the air, or buried. It is a very fine grained wood, and is easily worked in a green state. If houses were built of it while in a green state, they would in a few years become as indestructible as if built wholly of iron or stone.

# HALL'S JOURNAL OF HEALTH.

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NO. V.

## SHAVING THE BEARD.

(From "The Boston Medical and Surgical Journal.)

The more I reflect upon the mysteries of neurology and animal chemistry, the more confident I am that, while we are the least suspecting it, trifling errors in our daily life are producing important effects upon our corporeal systems; and I declare it as my deliberate conviction, that the habit, which may almost be styled American, of using the razor upon the face, is sufficient to cause a large proportion of the lamentable evils which affect the human race in this country.

It appears by experiment that the beard, if shaved, grows four to five times faster than if unshorn. In this calculation, an item is omitted which it is difficult to estimate, i. e., the stimulus given the beard, by the first application of the razor in adolescence, the experiments being made upon beards after they have acquired an unnaturally rapid growth. The effect of this early stimulus may be fairly counted at double the natural growth; then reckoning the difference in size and weight of the fibre, which is treble, and we find the frightful truth to be, that we raise thirty times the natural quantity of beard! Thus it is evident that the true beard is exhausted at a very early age. after which the system is forced to supply a substitute. nature will not submit with impunity to extraordinary demands upon her vigor, and that which requires her to produce in a lifetime thirty times as much beard as she was first inclined to, must certainly be considered as such. She is fatigued in proportion to the effort, let the particular kind be what it may; although her recuperative powers are great, she insists upon having repose, even when working at a rate chosen by herself. If that repose is denied her, she takes her revenge by breaking down the mechanism. Who then, can estimate the revenge she will take for being compelled to labor without rest under an uncompromising task-master?

2d. The chemical laboratory of man furnishes in just proporlion the ingredients required to deposite in suitable quantity the bones, skin, hair, nails, &c., and it is obvious that a superstraining of those chemical elements which enter into the composition of the beard must deprive of their just due all the other tissues which are wholly or in part composed of the same elements. Such injustice to other structures they must inevitably feel, and the entire system must suffer from a disturbance of the balance of power requisite to a healthy action of its various parts.

3d. The proper calorification of the body is one of the most essential conditions of its healthy action; and the non-conducting properties of the beard ought to be a caution against trifling with so powerful an agent, more especially when one considers its intimate connection with the calorific organs of the brain and with the respiratory organs. The popular notion, that, as women are beardless, men may be or not as they please, is founded in misapprehension. A man and a woman form one specimen of the *genus homo*, and from a physiological point of view must be considered one and the same. The absence of beard in the woman is countervailed by some other differences in her constitution, which it would be needless to point out even if we knew them. It suffices to know that nature is perfect in her work.

4th. The errors of the father shall be visited upon the children unto the third and fourth generation, the tree being known by its fruit, for a corrupt tree cannot bring forth good fruit; which, simplified, is, "like begets like." No person who feels the force of this law in all its fulness, can expect to transmit to his posterity vigorous pulmonary organs, if he has done the best he could to ruin his own. Daughters and sons are by nature equally their father's heirs, and if consumption of the respiratory organs spares more men than women, the out-door exercise of men must in part account for the difference.

The mania which has ever possessed man for disfiguring himself is astonishing. Not satisfied with God's most perfect handiwork, different tribes and nations variously undertake to beautify it, thus fairly making themselves laughing stocks for each other but it is to be hoped that the "pioneers of civilization will come

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out from the category of those who tattoo the skin, flatten the skull, shave the crown, taper the waist, stint the feet, circumcise, and slit their ears and noses.

It is with difficulty that old habits are renounced, even when one is convinced that life can be prolonged and made happier thereby; but it is a question for young men seriously to consider, whether, on starting in life, they will addict themselves to a habit which at once wastes the time, sours the temper, is against nature, and, consequently, involves their health, and that of their offspring.

Nature has made her terms with us how we may enjoy our daily existence and lengthen out our lives; these terms are—to know her laws and not infringe them.

## CACHINNATE VEHEMENTLY.

The Editor has found the above to be a necessary prescription in some instances; the material therefor having to be looked up by the patient: it may sometimes occur, however, that the ingredients necessary to produce the effect, are not in any market within the patient's reach. Sometimes, however, in fact not unfrequently, a remedy, which acts admirably on number one, has no effect at all on number two, while on number three it aggravates all the symptoms which were intended to be removed, so that the article here given, is not offered as infallible. In case, however, of over action, the best antidote is extremely simple, for the patient has only to try and shut his mouth, or take a teaspoonful of green persimmon.

# DR. PARTINGTON.

"Mrs. Partington" is an original creation; and the true one can be detected from her numerous imitators in a moment. The Rev. Sidney Smith first introduced this notable lady to the public, but *The Boston Post* is the only journal which records her original sayings and doings, which are only excelled—if, indeed, they are excelled at all—by Mrs. Lavinia Ramsbottom, the illustrious protegé of the witty Theodore Hook. Here are two of her late "utterances," which are quite as good, in

their way, as anything in Madame Ramsbottom's letters from Rome or Paris:

"Diseases is very various—very. The Doctor tells me that poor old Mrs. Haze has got two buckles upon her lungs! It's dreadful to think of—'tis really. The diseases is so various! One day we hear of people's dying of 'hermitage of the lungs,' another of 'brown creatures;' here they tell us of the 'elementary canal' being out of order, and there about the 'tear of the throat;' hear we hear of the 'newrology in the head,' and there of an 'embargo' in the back. On one side of us we hear of a man getting killed by getting a piece of beef in his 'sarcofagus,' and there another kills himself by 'deskevering his jocular vein.' Things change so that I don't know how to subscribe for anything now-a-days. New names and 'rostrums' take the place of the old, and I might as well throw my old yerb bag away."

# TOBACCO—ITS USE—AND END.

Some years ago a youth, aged sixteen, while at college, had a severe tooth-ache; his grandmother gave him a piece of tobacco to put in his mouth to remove the pain; it did so, and from that time he chewed it, for nine or ten years, almost incessantly. While at college, and during a three years' course in a theological seminary, he applied himself closely, paid no attention to the rules of health, took little or no exercise, and soon after he was settled as a clergyman, he became dyspectic, and during warm weather suffered greatly from depression of spirits and mental lassitude, which seemed to incapacitate him for the proper discharge of ministerial duty; and as this duty had to be performed, he began to use brandy and water to dispel the lassitude, but only on occasions of making a public effort at first; in three or four years, he felt that the use of spirits of some kind was a daily necessity. If omitted for a single day, he could not bring his mind to bear on any subject. About this time he began to find that he could not calculate with certainty upon the effects of the stimulus as to time or amount; occasionally it almost overpowered him, and as irretrievable disgrace would have been the result, he substituted laudanum, some twenty drops, thrice a day, or often enough to keep up a uniform sensa-

tion. Whenever the stimulus was about exhausted, he would begin to gape; this was the signal for a new supply. After a while, laudanum was not strong enough, and he began to take the pure opium, the amount being increased from time to time, until he found himself taking half-an-ounce a week, which is two hundred and forty grains, or nearly thirty-five grains a day, equivalent to three or four tablespoonsful of laudanum, which is thirty times more than a dose for a full-grown man. "At this time," he writes, "I became greatly disordered in body, not merely through the opium, but also through the baneful habits connected therewith. I sat at my books and papers, day after day, from breakfast until past midnight, in a hot study filled with smoke from a cigar, kept perpetually alight. I suffered martyrdom from costiveness, often going nearly a week without a passage. Sometimes, too, I got into a physical state which opium would not stimulate, and then I was compelled to employ alcohol! But alcohol, acting upon opium-drugged nerves, is exceedingly apt to produce maniacal intoxication." At this juncture, he made an effort to break up these habits. For ten days and nights he was not conscious of one moment of sleep; he was half delirious for several days; the blood in his veins felt like boiling water, and rushed with such fury to the head as to make him feel as if it would split open. For a whole year he was as feeble as a child, "a walking depository of aches and distressing sensations;" he then quitted his profession and retired to the country to study law; he was attacked with neuralgia in the head and face—this at length became unendurable, and he was advised to take morphine and quinine, which fixed the habit of using opium as firmly as ever. For two years he made no decided effort to escape from his habits, when he applied for admission into an asylum, and for eighteen months never felt well, free from pain "for one remembered day." Troubles came, and he returned to the use of his opiate, and continued for two years, when he found himself using sixty grains of sulphate of morphine, that is, nearly nine grains a day, or thirty-six times more than a common dose for a strong man, enough to destroy life in a few hours. He now took charge of a country parish, where he remained for two years, but found it impossible to perform his official duties, mentally or physically, without the aid of a quarter of an ounce of morphine, and sometimes more,

a week, which is equal to some seven hundred grains of opium, or sixty drops to a dram or teaspoonful, equaling ten tablespoonsful of laudanum a day, or twenty-four hundred drops; and when it is remembered that half a drop of laudanum is considered a dose for a young infant, the reader may have some idea of the magnitude of the daily portion. He is now striving to do with from half an ounce to an ounce of opium a week, averaging some five tablespoons of laudanum a day. Time only can tell the end of this strife—most probably it will be the gutter and the grave.

Will any young man, especially any aspirant for the ministry, after reading this statement of actual facts, dare allow the first, or another particle of tobacco, or any other mere stimulant, ever pass his lips? You are commanded to pray every day, "lead us not into temptation;" can you thus pray as often as the morning comes, that you shall not be abandoned to the power of temptation, and yet that very day, perhaps that very hour, first expose and then yield yourself to it? If so, then it well becomes you to investigate anew, "what manner of spirit ye are of."

The Editor feels that any comment on the history just given would but weaken it, and he yields the young reader to the power of fact and conscience.

# LETTER FROM A CLERGYMAN.

"Springfield, March 21, 1854.

"Dear Sir,—I received your request to communicate, for the public, in your Journal, some account of the measures I have pursued to preserve such an amount of health, as the facts stated in my forty-fifth anniversary sermon indicate. You impose on me rather a delicate task, since I must say much of myself, if I say anything. I have always had an aversion to appear before the public, in a formal manner, and therefore have declined applications for sermons to be published. But if my experience will promote the interest or happiness of others, (especially of young men who design to preach the blessed Gospel,) I ought not to decline 'serving my generation.' What I stated was strictly correct. I have not been detained from

the sanctuary but one whole day and two half days, by indisposition, during my ministry; the entire day's detention was not from sickness, but from a dangerous fall down a flight of stairs, which rendered it inconvenient for me to stand in the pulpit. I have not seen a day for more than fifty years, in which I might not have gone abroad, if it had been necessary; no sickness has ever prevented me. As to the measures I have pursued, there has been nothing out of the common course. From early youth I have been strictly abstemious as to all strong drink. I have no recollection of ever having mixed a portion of alcohol for beverage. I never drank a glass of wine until I left College, at the age of 21 years. After that time I occasionally drank a glass when I mingled in the social circle, where it was temperately used. At no festival that I ever attended did I drink more than two glasses in the two or more hours of its continuance. I never had a fondness for wine, and have long since abandoned the use of it even at weddings. During my entire life I have never used stimulating drinks, so as to feel exhilarated by them in the slightest degree. never made use of tobacco in any of the forms in which many use it. I was settled, before I was 25, over one of the largest parishes in Massachusetts, and for a period of seven years I was the only minister of any denomination in the town, and was often called on to attend funerals in another small parish, about six miles distant. My own parish was spread over a territory of about seven miles square, and after about six years from my ordination, rapidly increased in population. I usually attended three religious meetings during the week, and preached twice on the Sabbath, and held a prayer and conference meeting in the evening. In one extensive and long continued revival, I attended and conducted a religious meeting every evening in a week, in different parts of my parish, for nine months, when the weather would permit. During my ministry, I have never been obliged to decline, when applied to, to attend a parochial duty. I have visited my people as much as I deemed necessary. In one year I kept an account. and found I had made nine hundred and ninety-six pastoral calls: they could not be called visits, for in most cases I staid but a few minutes, but time enough to drop a word of exhortation, and manifest the interest I felt in the family, and when

called on, offered a prayer. I have always used a large amount of exercise, in walking, riding on the saddle, in the first part of my ministry, working in the garden, sawing wood, &c., such exercises as ministers generally use. I have lived as most ministers live; generally on simple food, without many of those condiments which some use freely. I have been an early riser for the principal part of my ministerial life. My sleep has always been sweet, like that of the laboring man, and I think on an average would not exceed seven hours. About fifteen years since, in company with two other gentlemen, I walked ten miles in two and a half hours, and stopped nearly ten minutes to rest, and now, at the age of three score and ten, I can walk a single mile in fifteen minutes. I have written not far from twenty-five hundred sermons, many of which I have already committed to the flames, and most of the residue will share the same fate ere long. But alas! my dear brother, I can say with truth, that I have been an unprofitable servant in the vineyard of my blessed master, and I rely only on His righteousness for acceptance on the day of judgment. You may make what use vou please of this communication; and publish such extracts as you may think proper. If it shall lead any of my younger brethren to take good care of their health, I shall rejoice. Ministers in these days need good health, for much is required of them.

"I am, dear Sir, your friend and servant, "Samuel Osgood."

"W. W. Hall, M. D."

MIRTH—is like a flash of lightning that breaks through the gloom of clouds, and glitters for a moment; cheerfulness makes up a kind of daylight in the mind, and fills it with a steady and perpetual serenity.—Addison.

# THE AIR PASSAGES.

The following sixteen pages are a verbatim monograph of the edition published several years ago, treating of some of the diseases which affect the throat and lungs. By using small type the whole is presented in one number of the *Journal*, otherwise it would require several entire numbers:—

# BRONCHITIS, AND KINDRED DISEASES.

BY

W W. HALL, A M., M.D., NEW YORK.

THERE is no necessary reason why men should not generally live to the full age of three score years and ten, in health and comfort: that they do not do so, is because

THEY CONSUME TOO MUCH FOOD, AND TOO LITTLE PURE AIR; THEY TAKE TOO MUCH MEDICINE, AND TOO LITTLE EXERCISE:

and when, by inattention to these things, they become diseased, tney die chiefly, not because such disease is necessarily fatal, but because the symptoms which nature designs to admonish of its presence, are disregarded, until too late for remedy. And in no class of ailments are delays so uniformly attended with fatal results, as in affections of the Throat and Lungs. However terrible may have been the ravages of the Asiatic Cholera in this country, I know of no locality, where, in the course of a single year, it destroyed ten per cent. of the population. Yet, taking England and the United States together, twenty per cent. of the mortality is every year from diseases of the lungs alone; amid such a fearful fatality, no one dares say he shall certainly escape, while every one, without exception, will most assuredly suffer, either in his own person, or in that of some one near and dear to him, by this same universal scourge. No man, then, can take up these pages, who is not interested to the extent of life and death, in the important inquiry, What can be done to mitigate this great evil? It is not the object of this publication to answer that question; but to act it out; and the first great essential step thereto, is to impress upon the common mind, in language adapted to common readers, a proper understanding of the first symptoms of these ruthless diseases

most ordinary observation, must know that countless numbers of people in every direction have been saved from certain death by having understood the premonitory symptoms of Cholera, and acting up to their knowledge. The physician does not live, who, in the course of ordinary practice, cannot point to a little army of the prematurely dead who have paid the forfeit of their lives by ignorance or neglect of the early symptoms of Consumptive disease. Perhaps the reader's own heart is this instant smitten at the sad recollection of similar

cases in his own sphere of observation.

This book is not intended to recommend a medicinal preventive, or a patented cure for the diseases named on the title-page: it will afford no aid or comfort to those who hope, by its perusal, to save a doctor's fee, by a trifling tampering with their constitutions and their lives. Nor is it wished to make you believe, that if you come to me I will cure you. If you have symptoms of disease, I wish you to understand their nature first; and then to take advice from some regularly educated physician, who has done nothing to forfeit justly his honorable standing among his brethren, by the recommendation of secret medicines, patented contrivances er travelling lecturers for the cure of certain diseases. I may speak of persons in these pages, who had certain symptoms, and coming to me, were permanently You may have similar symptoms, and yet I may be able to do you no good. I have sometimes failed to cure persons who had no symptoms at all. In other cases, where but a single symptom of disease existed, and it, apparently, a very trivial one, the malady has steadily progressed to a fatal termination, in spite of every effort to the contrary. The object of these statements is to have it understood, that I make no engagement to cure any thing or any body. The first great purpose is to enable you to understand properly any symptoms which you may have that point towards disease of the lungs; and when you have done so, to persuade you not to waste your time and money and nealth in blind efforts to remove them, by taking stuff. of which you know little, into a body of which you know less; but to go to a man of respectability and standing and experience—one in whom you have confidence, one who depends upon the practice of his profession for a living; describe your symptoms, according to your ability, place your health and life in his hands, and be assured that thus you and millions of others will stand the highest chance of attaining a prosper-ous, cheerful, and green old age. The rule should be universal, and among all classes, not only never to take an atom of medicine for anything, but not to take anything as a MEDICINE—not even a teaspoon of common symp or French brandy, or a cup of red pepper tea, unless by the previous advice of a physician; because times by the previous advice of a physician; because a spoonful of the purest, simplest syrup, taken several times a day, will eventually destroy the tone of the healthiest stomach; and yet any person almost would suppose that a little syrup "could do no harm, if it did no good." A tablespoon of good brandy, now and then, is simple enough, and yet it has made a wreck and ruin of the health and happiness and hope of multitudes. If these simple, that is, well-known things, in their purity, are used to such results, it requires but little intelligence to understand that more speedy injuries must follow their daily employment, morning, noon, and night, when they are sold in the shape of "syrups," and "bitters," and "tonics," with other in-"syrups," and "bitters," and "tonics," with other in-gredients, however "simple" they, too, may be.

The common-sense reader will consider these sen-timents reasonable and right, and think it a very laud-

able desire to diffuse information among the people as to the symptoms of dangerous, insidious, and widespreading diseases; but he will not be prepared for the information, that the publication of such a pamphlet as this will be considered "unprofessional" by some. But this will be considered "unprofessional" by some. But latitude must be allowed for difference of opinion; else, all progress is at an end. Whoever lends a helping hand to the diffusion of useful knowledge, is, in proportion, the benefactor of his kind. Whether it be useful for man to know the nature and first symptoms of a direct survival. userul for man to know the nature and first symptoms of a disease which is destined to destroy one out of every six in the country, is a question which each one must decide for himself. I believe that such an effort is useful, and hereby act accordingly. Experienced physicians constantly feel, in reference to persons who evidently have Consumption, that it is too late, because the application had been too learned about the service of the the application had been too long delayed. The great returns through the nos reason why so many delay, is because they "did not gulation or great pain.

Every reader of common intelligence and of the think it was anything more than a slight cold" In think it was anything more than a signt cold in other words, they were entirely ignorant of the difference between the cough of a common cold and the cough of Consumption, and the general symptoms attendant on the two. It is not practicable for all to study medicine, nor is it to be expected that for every cough one has be shell go to the expected. cough one has, he shall go to the expense of taking medical advice; it therefore seems to me the dictate of humanity to make the necessary information more accessible, and I know of no better way to accomplish this object than by the general distribution of a tract like this: and when I pretend to no new principle of cure, no specific, and no ability of success, beyond what an entire devotion to one disease may give any ordinary capacity, no further apology is necessary.

### THROAT-AIL,

or Laryngitis, pronounced Lare-in-GEE-tis, is an affection of the top of the windpipe, where the voice-making organs are, answering to the parts familiarly called "Adam's Apple." When these organs are dis-eased, the voice is impaired, or "there is something wrong about the swallow."

### BRONCHITIS

pronounced Bron-Ker-tis, is an affection of the branches of the windpipe, and in its first stages is called a common cold.

### CONSUMPTION

is an affection, not of the top or root of the windpipe, for that is Throat-Ail; not of the body of the windpipe, for that is Croup; not of the branches of the windpipe, for that is Croup; not of the branches of the windpipe, for that is Bronchitis; but it is an affection of the lungs themselves, which are millions of little air ceils or bladders, of various sizes, from that of a pea downwards, and are at the extremities of the branches of the windpipe, as the buds or leaves of a tree are at the extremity of its branches.

### WHAT ARE THE SYMPTOMS OF THROAT-AIL?

The most universal symptom is an impairment of the voice, which is more or less hoarse or weak. If there is no actual want of clearness of the sounds, there is an instinctive clearing of the throat, by swallowing, hawking, or hemming; or a summoning up of strength to enunciate words. When this is continued for some time, there is a sensation of tiredness about the throat, a dull heavy aching, or general feeling of discomfort or uneasiness, coming on in the afternoon or evening. In the early part of the day, there is nothing of the kind perceptible, as the voice-muscles have had time for rest and tible, as the voice-muscles have had time for rest and the recovery of their powers during the night. In the beginning of this disease, no inconvenience of this kind is felt, except some unusual effort has been made, such as speaking or singing in public; but as it progresses, these symptoms manifest themselves every evening; then earlier and earlier in the day, until the voice is clear only for a short time soon in the morning; next, there is a constant hoarseness or huskiness from week to month, when the case is most generally incurable, and the patient dies of the common symptoms of Consumptive disease.

In some cases, the patient expresses himself as having a sensation as if a piece of wool or blanket were in the throat, or an aching or sore feeling, running up the sides of the neck towards the ears. Some have a burning or raw sensation at the little hollow at the bottom of the neck; others, about Adam's Apple; while a third class speak of such a feeling or a pricking at a spot along the sides of the neck. Among others, the first symptoms are a dryness in the throat after speaking or singing, or while in a crowded room, or when waking up in the morning. Some feel as if there were some unusual thickness or a lumpy sensation in the throat, at the upper part, removed at once by swallowing it away; but soon it comes back again, giving precisely the feelings which some persons have after swallowing a pill.

Sometimes, this frequent swallowing is most trouble-some after meals. Throat-Ail is not like many other diseases, often getting well of itself by being let alone. I do not believe that one case in ten ever does so, but on the contrary, gradually grows worse, until the voice is permanently husky or subdued; and soon the swallowing of solids or fluids becomes painful, food or drink returns through the nose, causing a feeling of strangulation or great pain. When Throat-Ail symptoms

Bronchitis is a had cold, and the experience of every one teaches what its symptoms are. The medical name for a cold is Acute Bronchitis; called acute, because it comes on at once, and lasts but a short timea week or two generally. The ailment that is coma week or two general. The alment that is commonly denominated Bronchitis, is what physicians term Chronic Bronchitis; called chronic, because it is a long time in coming on, and lasts for months and years instead of days and weeks. It is not like Throat-Ail, or Consumption, which have a great many symptoms, almost any one of which may be ab-sent, and still the case be one of Throat-Ail, or Consimption; but Bronchitis has three symptoms, every one of which are present every day, and together, and all the time, in all ages, sexes, constitutions, and temperaments. These three universal and essential symptoms are-

1st. A feeling of fullness, or binding, or cord-like sen-

sation about the breast.

2d. A most harassing cough, liable to come on at any hour of the day or night.

3d. A large expectoration of a tough, stringy, tenacious, sticky, pearly or greyish-like substance, from a tablespoon to a pint or more a day. As the disease progresses, this becomes darkish, greenish, or yellowish in appearance; sometimes all three colors may be seen together, until at last it is uniformly yellow, and comes up without much effort, in mouthfuls, that fall hea-

vily, without saliva or mucus. When this is the case, death comes in a very few weeks or-days.

# WHAT ARE THE SYMPTOMS OF CONSUMPTION?

A gradual wasting of breath, flesh, and strength are the three symptoms, progressing steadily through days and weeks and months, which are never absent in any case of true, active, confirmed Consumptive disease that I have ever seen. A man may have a daily case of true, active, continued consumptive disease that I have ever seen. A man may have a daily cough for fifty years, and not have Consumption, A woman may spit blood for a quarter of a century, and not have Consumption. A young lady may breathe forty times a minute, and have a pulse of a hundred and forty beats a minute, day after day, for weeks and months together, and not have Consumption; and men and young ladies may sumption; and men and women and young ladies may have pains in the breast, and sides, and shoulders, and flushes in the cheeks, and night sweats, and swollen ankles, and yet have not an atom of Consumptive decay in the lungs. But where there is a slow, steady, painless decline of flesh and strength and breath, extending through weeks and months of time, Consumption exists in all persons, ages, and climes, although at the same time sleep, bowels, appetite, spirits, may be represented as good. Such, at least,

are the results of my own observation.

The great, general, common symptoms of Consumption of the Lungs are night and morning cough, pains about the breast, easily tired in walking, except on level ground, shortness of breath on slight exercise, and general weakness, These are the symptoms of which Consumptive persons complain, and as they approach the grave, these symptoms gradually increase.

### HOW DOES A PERSON GET THROAT-AIL?

A woman walked in the Park, in early spring, until a little heated and tired; then sat down on a cold stone. Next day, she had hoarseness and a raw burn-ing feeling in the throat, and died within the year.

A man had suffered a great deal from sick headache; he was advised to have cold water poured on the top of his head: he did so; he had headache no more. The throat became affected; had frequent swallowing, clearing of throat, falling of palate, voice soon failed in singing, large red splotches on the back part of the throat, and white lumps at either side; but the falling of the palate and interminable swallowing were the great symptoms, making and keeping him nervous, irritable, debilitated, and wretched. He was advised to take off the uvula, but would not do it. Had the nitrate of silver applied constantly for three months.

have been allowed to progress to this stage, death is almost inevitable in a very few weeks. Now and then a case may be saved, but restoration here is almost in the nature of a miracle.

WHAT ARE THE SYMPTOMS OF BRONCHITIS?

Bronchitis is a had cold, and the experience of every thing in the world task formerly "it was the easiest things the world task formerly "it was the easiest things the world task formerly "it was the easiest things in the world task formerly "it was the easiest things in the world task formerly".

thing in the world to take cold."

A merchant (1002) slept in a steamboat state-room in December, with a glass broken out; woke up next morning with a hoarseness and sore throat; for several months did nothing, then applied to a physician. Counter-irritants were employed without any permanent effect. At the end of four years, he came to me with "a sort of uneasy feeling about the throat, more at times than others; not painful; sometimes a little hoarseness, with frequent inclination to swallow, or clear the throat. At the little hollow at the bottom of the neck, just above the top of the breast-bone, there was a feeling of pressure, stricture, or enlargementno pain, but an unpleasant sensation, sometimes worse than at others. It is absent for days at a time, and then lasts for several hours a day." This case is under treatment.

A Clergyman (1012) has a hoarse, cracked, weak A Clergyman (1012) has a noarse, cracked, weak voice, easily tired in speaking; a raw sensation in the throat; and in swallowing has "a fish-bony feeling." He had become over-heated in a public address, and immediately after its close started to ride across a prairie in a damp, cold wind in February. Had to abandon preaching altogether, and become a school teacher." This gentleman wrote to me for advice, and baying followed it closely for eighteen days reported

having followed it closely for eighteen days, reported himself as almost entirely well. I greatly desire it to be remembered here, that in this, as in other cases of Throat-Ail, however perfectly a person may be cured, the disease will return as often as exposure to the causes of it in the first place is permitted to occur. No cure, however perfect, will allow a man to commit with impunity such a thoughtless and inexcussble act as above named, that of riding across a prairie in February, in a damp, cold wind, within a few minutes after busing delivered within a few minutes after having delivered an excited address in a warm room. None of us are made out of India rubber or iron, but of flesh and blood and a reasonable soul, subject to wise and benevolent conditions and restrictions; and it is not to the discredit of physic or physicians, that being once cured, the disease should return as often as the indiscretion that origin ated it in the first instance is re-committed.

ated it in the first instance is re-committee.

Three weeks ago, one of our merchants came to me with a troublesome tickling in the throat. At first it was only a tickling; but for some weeks the tickling compels a frequent clearing of the throat; and without a cough, each clearing or hemming brings up compets a frequent clearing of the life at a land with-out a cough, each clearing or hemming brings up-half a teaspoon-ful of yellow matter, with some sal-iva. On looking into his throat, the whole back part of it was red, with still redder splotches here and there—epiglottis almost scarlet. On inquiry, I found he had for years been a chewer of tobacco; then began to smoke; would day after day smoke after each meal, but especially after tea would consume half a dozen cigars. In time, the other naturally consequent steps would have been taken—Consumption and the grave. Among other things, I advised him to abandon tobacco absolutely and at once. In two weeks he came again. Throat decidedly better; in every respect better, excent that he in his own in every respect better, except that he, in his own opinion, "had taken a little cold," and had a constant opinion, "nad taken a little coid," and had a constant slight cough—not by any means a trifling symptom. Let the reader learn a valuable lesson from this case. This gentleman had the causes of cough before; he found that smoking modified the tickling, and taking this as an indication of cure, he smoked more vigor-ously, and thus suppressed the cough, while the cause of it was still burrowing in the system and widening its ravages. It will require months of steady effort to arrest the progress of the disease, and he may consider himself fortunate—more so than in any inercantile speculation he ever made—if he gets well at all. If he does get well, and returns to the use of tobacco, the disease will as certainly return as that the same cause originated it, for the following reason, as was stated in the First Part:—Throat-Ail is inflammation; that is, too much heat in the parts. Tobacco smoke being warm, or even hot, is drawn directly back against the parts already too much heated, and very naturally in-Tried homeopathy. After suffering thus two years, creasing the heat, aggravates the disease. Again, any he came to me, and on a subsequent visit, said, "It is kind of smoke—that of common wood—is irritating, wenderful, that for two years I have been troubled much more that of such a powerful poison as tobacco

haps more." He died in six weeks.
In several instances, persons have applied to me who had been advised to take brandy freely for a throat affection. Such advice is warranted by no one principle in medicine, reason, or common sense. Were I to ciple in medicine, reason, or common sense. Were I to give it, I should feel myself justly liable to the charge of being an ignorant man or a drunkard. The throat is inflammed; inflammation is excitement; brandy and tobacco both excite, inflame the whole body; that is why they are used at all. The throat partakes of its portion of the excitement, when the throat, body, and the man, all the more speedily go to ruin together. I have in my mind, while writing these lines, the melancholy history of two young men—one from Kentucky, the other from Missouri—who were advised "to drink brandy freely, three times a day, for throat complaint." One of these became a drunkard, and lost his plant." One of these became a drunkard, and lost his property, and within another year he will leave an interesting family in penury, disgrace, and want. The other was one of the nost high-minded, honorable young men I have lately known. He was the only son of a widow, and she was rich. He came to see me three or four times, and then stated that he had concluded to try the effects of a little brandy at each meal. A few weeks afterwards he informed me, that as he was constantly improving, he thought that the brandy would certainly effect a cure. Within seven months after his application to me, he had become a regular toper; that is, he had increased the original quantity allowed, of a tablespoon at each meal, to such an amount, that he was all the time under the influence of liquor. His business declined; he spent all his money; and secretly left for California, many thousand dollars in debt, and soon after died. The person who advised him is also now a confirmed drunkard; but in his wreck and ruin, still a great man.

A gentleman from a distant State wrote to me some months ago for advice as to a throat affection. He is a lawyer of note already, and of still higher promise, not yet having reached the prime of life. By earnest efforts as a temperance advocate, in addition to being a popular pleader at the bar, his voice became impaired with cough, spitting of blood, matter expectoration, diarrhem, debility, and general wasting. He was induced to drink brands with iron but some left of the product of the brands with iron but some left of the product of the brands with iron but some left of the product of the brands with iron but some left of the product of the brands with iron but some left of the product of the brands with iron but some left of the product of the brands with iron but some left of the product of the produ duced to drink brandy with iron, but soon left off the iron and took the brandy pure. The habit grew upon him; he sometimes stimulated to excess, according to his own acknowledgment; his friends thought there was no interval, and gave him up as a lost man to themselves, his family, and his country; but in time the virulence of the disease rose above the stimulus of the brandy, and in occasional desperation he resorted to onium. He subsequently visited the water cure. to opium. He subsequently visited the water cure, gained in flesh and strength, and was hopeful of a speedy restoration; but he took "an occasional cigar" -the dryness in the throat, hoarseness, pain or pressure, and soreness still remained! He left the water cure, and in a few months wrote to me, having, in addition to the above throat symptoms, a recent hæmorrhage, constipation, pains in the breast, nervousness, debility, variable appetite, and daily cough. Within two months, he has become an almost entirely new

man, requiring no further advice. Further illustrations of the manner in which persons get Throat-Ail, may be more conveniently given in the letters of some who have applied to me, with the additional advantage of having the symptoms described in language not professional, consequently more generally understeed. ally understood.

### A PRESBYTERIAN CLERGYMAN.

(1059) "I have had for three years past a troublesome affection of the thorax, which manifests itself by frequent and prolonged hemming or clearing the throat, and swelling: both more frequent in damp weather, or after slight cold. General health very feeble, sleeplessness, waste of flesh, low spirits. Visited a water cure, remain-

—soothing, indeed, in its first transient effects, like any other poisons, but leaving behind it consequences more remote, but more destructive and enduring.

A gentleman, just married, with a salary for his services as secretary to a Southern house, applied services as secretary to a Southern house, applied mannerly hoarse; swallowing food was often unendurably painful, besides causing violent paroxysms of cough. He said he knew no cause for his complaint, except that he had smoked very freely. On injuint, except that he had smoked very freely. On injuint, except that he had smoked very freely. On insequiry, I found that for the last two years he had used, on an average, about "a dozen cigars every day; perhaps more." He died in six weeks.

In several instances, persons have applied to me who had been advised to take brandy freely for a throat brand, and there has been advised to take brandy freely for a throat brand freely for

This case is under treatment.

### A LAWYER.

(1016) "aged thirty-seven. Have been liable, for several years past, in the fall, winter, and spring, severe attacks of fever, accompanied with great debility, loss of flesh, appearing to myself and friends to be in the last stages of Consumption; in fact, the dread of it has been an incubus on me, paralyzing my energies and weighing down my spirits. In the snimmers, too, I have been subject to attacks of bilious fever and too, I have been subject to attacks of billious lever and billious colic. A year ago, I attended court soon after one of these attacks, and exerted myself a great deal. My throat became very sore, and I had hersorrhage—two teaspoons of blood and matter. My health continued feeble. I went last summer to a water cure, and regained my flesh and strength, but the weakness in my throat and occasional hoarseness continued all the time. Afterwards, by cold and exposure, I became worse, continued to have chills and fever and night sweats, accompanied by violent cough and soreness of the throat. I got worse; was reduced to a perfect skeleton, and had another hæmorrhage. Mucus would collect in the top of the throat, and was expectorated freely. I am still liable to colds. The seat of the disease seems to be at the little hollow in front at the botease seems to be at the little hollow in front at the bottom of the neck, just above the top of the breast-bone. At my last bleeding, the pain seemed to be in the region of Adam's-apple. The principal present symptoms are soreness in throat, dryness, pain on pressing it, and hoarseness; pulse from eighty to ninety in a minute; irregular appetite. These symptoms, together with my fear of Consumption, serve to keep me unhappy. I find myself constantly liable to attracks of cold, speeging, running at the nose even in the summer cold, sneezing, running at the nose even in the summer time. My mother and sister have died of Consumption, as also two of my mother's sisters. Feet always cold; daily cough."

### OPINION OF THE CASE.

There is no Consumptive disease 'it is impossible. No personal examination is needed to tell that. The foundation of all your ailments is a torpid liver and a weak stomach. If you are not cured, it will be your own fault.

The treatment of this case was conducted by correspondence, as he lived six hundred miles away, and therefore I had not the opportunity of a personal examination. Within a month he writes:—"I am gradually improving; feet warm; all pain has disappeared from the breast; appetite strong, regular, and good: pulse seventy-two; breathing eighteen; all cough has disappeared." At the end of two and a half months, no further advice was needed, as he wrote—"I have not written to you for a month, being absent on the circuit. I have not enjoyed better health for years than I have for the month. Weight increasing; no uneasiness or pain about my breast; pulse seventy-five; less in the morning. The only trouble I have is costiveness, from being so confined in court, and being away from home The treatment of this case was conducted by corresbeing so confined in court, and being away from home deprived of my regular diet. We were two weeks holding court, last of November, in a miserable room, the court-house having been recently burned; kept over-heated all the time. I made four or five speeches, and suffered no inconvenience whatever. I have no cough."

### A CLERGYMAN

(1024) called over two months ago, having had at first an ailment at the top of the throat, apparently above or near the palate. It soon descended to the region of Adam's-apple, and within a month it seemed to have located itself lower down the neck, giving a feeling as

if there were an ulcer there, with a sense of fullness and strength. about the throat, hoarse after public speaking, lasting a day or two, with attacks every few weeks of distressing sick headache. As the disease seemed to be rapidly sick headache. As the disease seemed to be rapidly descending towards the lungs, a rigid, energetic treatment was proposed, and at the end of ten weeks he writes—"I take pleasure in introducing my friend,—, to you. He has suffergd many things, from many advisers, with small benefit. I have desired him to consult with you, hoping that he may have the same occasion to be grateful for the providence which leads him to you, which I feel that I myself have for that which guided me to your counsels. I suffer but little. which guided me to your counsels. I suffer but little, very little from my throat, and confidently anticipate entire relief at no distant day, for all which I feel myself under great obligation both to your skill and to your kindness," &c.

### SICK HEADACHE

is a distressing malady, as those who are subject to it know full well, by sad experience. In this case, this troublesome affection had to be permanently removed before the throat ailment could be properly treated; when that was done, the throat itself was comparatively of easy management.

### A MERCHANT

(947) wrote to me from the South, complaining chiefly of

Bad cough, sometimes giving a croupy sound;

Throat has a raw, choking, dry, rasping feeling; Soon as he goes to sleep, there is a noise or motion, as

if he were going to cough; Startled in sleep, by mouth filling with phlegm;

Expectoration tough, white, and sticky; darkish particles sometimes;

Flashes or flushes pass over him sometimes;

Sick stomach sometimes, acid often, wind on stomach

oppresses him greatly

A lumpy feeling in the throat; On entering his house, sometimes falls asleep in his

chair, almost instantly; In walking home, at sundown, half a mile from his store, is completely exhausted;

Slightest thing brings on a cough; never eats without

coughing ; If he swallows honey, it stings the throat;

Got a cold a month ago, which left the palate and throat very much inflamed;

Throat and tongue both sore;

A hooping, suffocative cough; can hear the phlegm rattle just before the cough begins;

A dry, rough feeling from the little hollow at the bot-

one of the neck up to the top of the throat.

One night after going to bed, began to cough, choke, suffocate; could not get breath, jumped out of bed, ran accross the room, struggled, and at length got breath, but was perfectly exhausted; could not speak for half an hour, without great difficulty.

In addition to his own description of the case, his wife writes—"Ten o'clock at Night.—I am no physician, nor physician's wife, but am his wife and nurse, and an anxious observer of his symptoms, and can see his throat inflamed behind the uvula. He says there is a lump somewhere, but he cannot tell where. Sometimes he thinks it is in the little hollow at the bottom of the neck, sometimes just above, and sometimes in or about the swallow. A recent cold has aggravated his symptoms. His cough to-day has been very frequent and loose. He has emaciated rapidly within a month, and is now a good deal despondent. As for myself, I feel as one who sees some fair prospect suddenly fading away. I had fondly hoped-oh! how ardently!--that he might be restored. If a knowledge of the fact would give any additional interest to the case, I will only say, he is one of the loveliest characters on earth. None in this community has a larger share of the respect and confidence of their acquaintance."

The opinion sent, for I have not seen this case, was as follows:-"The whole breathing apparatus, from the top of the windpipe to the extremity of its branches, is diseased; the lungs themselves are not at all affected by decay. Your whole constitution is diseased; and yet there is good ground for hope of life and reasonable health."

My bowels are sometimes disorderes and strength. My bowels are sometimes disordered by eating inclons and fruits; but I felt so much better that I thought I might indulge. Pulse sixty-five to seventy; an almost ravenous appetite." \*A month later he writes—"My health and strength are still improving; cough not very troiblesome; increasing in flesh." &c. I believe this gentleman now enjoys good health.

A LADY.

(948) teacher of vocal music, writes—"There is a peculiar sensation in my throat for the last two months. Whenever I attempt to swallow, it feels as if something were in the way; a swelling under the jaws, a soreness on the sides of the throat, extending to the ears, and occasioning throbbing painfully. I have a dull aching at the top of my collar-bone, and an underseat exercise of weekness and beautipes in underseat exercise. pleasant sensation of weakness and heaviness in my chest; a bad taste in my mouth frequently. Have been regular, but have been afflicted for a few years past with sickness at the stomach and vomiting, attended occasionally with great pain for a few hours. During these attacks, the complexion changes to a livid hue. I have been very much troubled with dyspepsia. On recovering from the attacks above mentioned, I have experienced a feeling of weakness almost insupportable. Am very costive; and my spirits are greatly depressed. Within a day or two I have taken a violent cold, which has affected me with sneezing, running from the eyes and nose, together with a slight hoarseness. I was advised to apply caustic to the throat, and Croton oil to my neck, chest, and throat. I have since discontinued these, not having received any permanent benefit from them. On the coercious from your apprica ift from them. On two occasions, from over-exertion at concerts and examinations, I was unable to speak a loud word, from hoarseness, for several days. I am extremely anxious to learn your opinion. In about two months my public concerts take place, and it is absolutely acceptant the concept take place. lutely necessary that something should be done for me."

### OPINION.

Yours is general constitutional disease. There is no special cause of alarm. A weakened stomach, a torpid liver, a want of sufficient air and exercise, are the foundations of all your ailments, and by the proper regula-tion of these, you may expect to have good health and a stronger voice. You must have energy and patient perseverance in carrying out the prescriptions sent to you.

In one month this lady writes, and the letter is given to encourage others who may come under my care, to engage with determination and energy in carrying out the directions which may be given them. The reader may also see what great good a little medicine may do when combined with the judicious employment of tional means, which do not involve the taking of medicine or the use of painful and scarifying agencies and

patent contrivances :-

"I began your prescriptions at once. Having followed them for some time, I was obliged to intermit them for them for some time, I was obliged to intermit them for a few days, in consequence of having to conduct a concert, besides having to travel by stage and railroad seventy or eighty miles. During this time, I was up every night until twelve o'clock, and was much exposed to the night air. On returning home, I re-commenced your directions, have made it a point to attend to them strictly, and have very seldom failed of doing so. In consequence of two omissions in diet, I suffered from headence which disappeared when I conserved. from headache, which disappeared when I observed your directions. My appetite is good; my food agrees with me. I sometimes feel dull and sleepy after dinner. I drop to sleep immediately. Seldom wake in the night, Sleep about seven hours, and generally feel bright and strong in the morning, when I take a brisk walk of two miles and a half; the same after six, P.M. My walks at first fatigued me considerably; generally, however, I have felt better and better from their commencement to their end, and have perspired very freely. ercise I take seems rather to increase than diminish my strength. I have not been prevented from taking exercise from any dampness in the atmosphere. I have sometimes been exposed to the night air in going to church and other places, but without any perceptible injury. The means you advised produce a general glow, and invariably remove headache, which I sometimes have to a slight degree after dinner. I think my throat is better. There is no unpleasant feeling about In three months this patient writes—"I am glad to it at present, except the difficulty in swallowing, and inform yoz that I think I am still improving in health leven that is better. Pulse sixty-seven."

I had for some time ceased to regard this energetic young lady as a patient, when she announces a new ailment, a difficulty at periodic times:—"I walked two miles every day, and every thing was going on well, until one evening after walking very fast, I sat awhile with a friend, in a room without fire, in November. The weather was chilly and damp; was unwell, sup-pressed; had a chill and incessant cough for several hours, ending in something like inflammation of the lungs."

hese things were remedied, and she is now engaged in the active discharge of her duties. This last incident is introduced here to warn every reader, especially women, against all such exposures at all times, most especially during particular seasons. Such exposures, as sitting in rooms without fire, in the fall and spring, after active walking, have thrown stout strong men into a fatal consumption; and it is not at all to be wondered at that delicate women should lay the founwondered at that delicate women should lay the foundation of incurable disease in the same manner. I will feel well repaid for writing these lines, if but here and there a reader may be found to guard against such exposures. Our parlors and drawing-rooms are kept closed to the air and light for a great portion of the twenty-four hours, and unless the weather is quite cool there is no fire in them. Thus they necessarily acquire a cold, clammy dampness, very perceptible on first entering. A fire is not thought necessary, as visitors usually remain but a few minutes; but when the blood is warmed by walking in the nure air and the the blood is warmed by walking in the pure air and the clear sunshine, it is chilled in a very short space of time, if the person is at rest, in the cold and gloom of a modern parlor, especially as a contemplated call of a minute is often unconsciously extended to half an hour, under the excitement of friendly greetings and neighborly gossip. There can be no doubt that thousands every year catch their decth of cold, to use a homely but expressive phrase, in the manner above named. Young women, especially, cannot act thus with impunity. Men perish by multitudes every year by exposures of a similar character; walking or working until they become warm, then sitting in a hall or entry or a cold counting-room; or standing still at the what or at a street corner; or running to reach a ferry-boat until they begin to perspire, and then sitting still in the wind while the boat is crossing. It is by inat-tention to what may be considered such trifling little things that thousands of valuable lives are sacrificed every year.

### A YOUNG GENTLEMAN.

(950) from Washington City, complained of

Uneasiness at throat, caused by repeated colds; late

hours, hot rooms; Cough most of mornings—dry, tickling, hollow;

Expectoration a little yellow; Bloody, streaked expectoration, six months ago; Breathing oppressed, if sit or stoop long;

Take cold easy, in every way; Throat has various feelings, tickling, heavy aching, raw,

dry, from palate to depression; Swallowing a little difficult at times ;

Voice not much affected:

Headache, costive bowels, piles occasionally; Pain about shoulder-blades and at their points;

Soreness under both ribs sometimes;

Pains in the breast-more of a soreness from the top of the breast-bone to the pit of the stomach;

Have been ailing fifteen months;

Father, mother, sister, uncle, aunt died of Consump-

### OPINION.

You cannot have Consumption now: you are decidedly threatened with it. With proper attention, persevering and prompt, you may ward it off effectually, and live to the ordinary term of human life to those of your occupation. It is my opinion, that without this care, you will fall into settled disease within a year.

In two months, this gentleman called to see me for the first time. His lungs were working freely and fully, over the natural standard; pulse seventy-two; appetite good; bowels regular. I did not think he re-quired any particular medical advice; and it is my present belief, that with proper attention to diet, exer-ties and regular habits of life his health with leaven cise, and regular habits of life, his health will become permanently good.

### 952

Took a severe cold last winter, which left a severe cough. Every morning the breast feels sore, until stirs about some. Pain in the left side, running through to the left shoulder blade, and between the shoulders; pain in the breast-bone, and in the centre of the left breast. Chief complaint is pain in the chest, left side, and a constant raising of frothy, thick, tough, and yellow matter, with frequent hawking, hemming, and clearing of the throat. Age 22.

Your ai ments are all removeable by diligent attertion to the directions I may give you. I very much hope you will spare no pains in carrying them out most thoroughly. You certainly have not Consumptive dis-

He called upon me some months afterwards, when I saw him for the first time. He had nothing to complain of; pulse sixty; his lungs working freely and fully, being considerably above the natural standard; and as far as I know, he continues well to this day.

"Am officer in a bank. Was at a fire during Christ-mas, seven months ago. Used my voice a great deal; mas, seven months ago. Used my voice a great deat; began to be hoarse; very nuch so by morning. This lasted a week, and went off; but in three weeks there appeared to be something about the palate which wanted to come away. Throat seemed inflamed, and ever since then have had a clogging feeling in the throat, that does not affect my voice, unless I read aloud, when I soon become hoarse. Two days ago, spit up a spoonful of dark blood; never before or since. I have a binding sensation across the top of the breast, and three months since had a pain up and down the breast-bone. Have used folded of potash; have had the throat pencilled, and then sponged with nitrate of silver, without benefit—pulse, one hundred and ten."

### OPINION.

Yours is a throat ailment, at the entrance of the windpipe—not as low down as the voice organs. There is very considerable active inflammation there. lungs are a little weakened, nothing more; the pains in the breast are not serious at all, and I see no obstacle to your entire recovery.

I received letter after letter from this young gentle-man, stating that no perceptible benefit seemed to fol-low what I advised. He was encouraged to persevere, and finally his symptoms began to change, and then disappeared; and in two months from his first consultation he wrote me to say that he had steadily improved; pulse, permanently at sixty-five; expressing his obligations, &c. This case shows strikingly the advantage of perseverance.

### A CLERGYMAN

(844) wrote to me for advice in reference to a throat complaint. I prescribed, and had entirely forgotten the circumstance, when the following letter was received:—

"I began to follow your directions on the 4th day of May, not quite three months ago, and have adhered to then strictly ever since. I am evidently a great deal better. I have lost no flesh; although it is snumer, my weight has not varied three pounds since I wrote to you; it is now one hundred and forty-nine nounds. My tonsils are diminished, and give me no uneasiness, except in damp weather. From my throat, which is except in damp weather. From my throat, which is now generally perfectly comfortable, I am continually bringing up a pearly substance. Sometimes it is perfectly clear, and like the pure white of an egg. But this is a mighty change. At first, I could not talk five minutes in the family circle. My throat was constantly tickling and burning; so that a mustard plaster, which took all the skin off my neck in front, was a comfort; but now I can talk as much as I wish, read a page or so aloud, and am almost tempted to sing a little."

### HOW DO PERSONS GET BRUNCHITIS?

In the same manner as a common cold, for Bronchitis is a common cold protracted, settling not on the lungs, but on the branches of the windpipe, clogging them up with a secretion thicker than is natural; this adheres

to the inside of the tube-like branches, and to a certain extent closes them: hence, but a small portion of air gets into the lungs. Nature soon begins to feel the de-ficiency, and instinctively makes extra effortsto obtain the necessary quantity, in causing the patient to draw in air torcibly instead of doing it naturally and without an effort. This forcible inspiration of external air drives before it the accumulating phlegm, and wedges it more compactly in a constantly-diminishing tube, until the passage is entirely plugged up. The patient makes greater efforts to draw in the air, but these plugs of mucus arrest it, and there is a feeling as if the air did not get down to its proper place, or as if it were stopped short, causing a painful stricture, or cord-like sensation, or as some express it, a stoppage of breath. If relief is not given in such cases, either by medicine judiciously administered, or by a convulsive nature of effort at a cough, which is a sudden and for-cible expulsion of such air as happened to be on the cible expulsion of such air as happened to be on the other side of the plug, the patient would die; and they often do feel as if they could not possibly live an hour. This is more particularly a description of an attack of Acute Bronchitis. Chronic Bronchitis is but a milder form of the same thing, very closely allied in the sensations produced, if not indeed in the very nature of the thing, to what may be considered a kind of kind of

### PERPETUAL ASTHMA,

which may in most cases be removed and warded off for an indefinite time by the use of very little medicine, if the patient could be induced to have a reasonable degree of self-denial and careful perseverance.

### HOW DO PERSONS GET CONSUMPTION?

As they do most other diseases, by inattention, neglect, imposition on nature. Many persons have this disease hereditarily, but the same means which permanently arrest the progress of accidental Consumption will as often and as uniformly ward off, indefinitely, the effects and symptoms of the hereditary form, the essential nature of accidental and hereditary Consump-The treatment is also the same, tion being the same. The treatment is also the same, except that in the accidental form it must be more prompt, more energetic; in the hereditary form it must be more mild, more persevering. I consider the latter, the less speedily and critically dangerous of the two.

### MISCELLANEOUS ITEMS.

A number of pages will be devoted to the illustration of a variety of topics connected with the general subject; all, however, will be of a practical character—at least, such is the intention.

CONSUMPTION IS THE OXIDATION OF THE EXUDA-TION CORPUSCIE. This corpuscie—this little body, this tubercle, this seed of Consumption-is an albumi exudation, as minutely described on page 5, First Part, and being deficient in fatty matter, its elementary molecules cannot constitute nuclei, capable of cell development; therefore, these nuclei remain abortive, are foreign bodies in the lungs, and like all other foreign bodies there, cause irritation, tickling. tickling is a cause of cough, as itching is a cause of scratching, both being instinctive efforts of nature to remove the cause of the difficulty. The oxidation—that is, the burning, the softening of this corpuscle or tubercle—gives yellow matter as a product, just as the burning—that is, the oxidation of wood—gives ashes as a product. Thus the yellow matter expectorated in Consumption is a sign infallible, that a destructive, consuming process is going on in the lungs, just as the sight of ashes is an infallible sign that wood or some other solid substance has been burned—that is, de-

But why is it that this albuminous exudation, this tubercle, this exudation corpuscle, should lack this fatty matter, this oil, this carbon, which, did it have, would make it a healthy product, instead of being a foreign body and a seed of death?

Consumption is an error of nutrition. The patient has soliloquized a thousand times, "I sleep pretty well, nowels regular, and I relish my food, but somehow or other it does not seem to do me the good it used to. I do not get strong." The reason of this is, that the food is imperfectly digested, and when that is the case, activity is the result, which is the distinguishing feature of Consumptive disease. This excess of acid in the alimentary canal dissolves the albumen of the food, and carries it off into the blood in its dissolved state,

making the whole mass of blood imperfect, impure, thick, sluggish, damming up in the lungs-that is, congesting them-instead of flowing out to the surface, and keeping the skin of a soft feel and a healthful warmth. Thus it is that the skin of all Consumptives has either a dry, hot feel, or a cold, claiminy, damp-ness; at one time having cold chills creeping over them, causing them to shiver in the sun or hover over the fire; at another time, by the reaction, burning hot, the cheek a glowing red, the mouth parched with thirst. Another effect of the excess of acidity dis-solving the albunen and carrying it into the blood is, that the blood is deficient in the fat, or oil, or carbon, which would have been made by the union of this albumen with alkaline secretions; the blood then wanting the fat or fuel which is necessary to keep the body warm, that which was already in the body, in the shape of what we call flesh, is used instead, and the shape of what we call flesh, is used instead, and the man wastes away, just as when steamboat men, when out of wood, split up the doors, partitions, and other parts of the boat, the keep her going, she moves by consuming herself. So the Consumptive lives on, is kept warm by the burning up, the oxidation of his own flesh every day and every hour; this same, wasting away being the invariable, the inseparable attendant of every case of true Consumption. He lives upon himself until there is no more fuel to burn, as more fat or flesh and he dies—"mothing but skip. no more fat or flesh, and he dies—"nothing but skin and bone." What, then, must be done to cure a man of Consumptive disease?

the must be made more (what is called) "fleshy;" that is, he must have more fuel, fat, to keep him warm. The acidity of the alimentary canal must be removed, in order that the food may be perfectly digested, so as to make pure blood, such as will flow healthfully

so as to make pure 1000d, such as will now healthfully and actively through every part of the system, and become congested, stuggish, stagnant nowhere.

To remove this acidity, the stomach must be made strong, and healthfully active; but no more than healthfully active, so as to convert the food into a substance

fit for the manufacture of pure blood.

To make the stomach thus capable of forming good blood material from the aliment introduced into it, as a perfect mill converts the grain into good flour or as a perfect min converts the grain into good not or meal, there is behind the mill a power to turn it, there is behind the stomach powers to be exerted. These are the glandular system, the liver being the main one of all. This must be kept in healthful, operating order; if it acts too much or too little, the food is badly manufactured, and the blood which is made out of the food, and of the food alone, is imperfect and impure.

After all this is done, there is one more operation, which is the last finishing touch by which pure life-giving blood is made; f(x) = x a sufficient amount of pure air must come in contact with it before blood is con-stituted. This contact takes place in the lungs; not such a contact as the actual commingling of wine and water, for the air and what is soon to become blood are not mixed together; they are kept separate in different vessels. The air is in the lungs; that is, in the little bladders or cells, and this fluid, which is to be con-verted into blood, is in the little veins or tubes, which are spread around over the sides of the air-cells, as a vine is spread over a wall; but these little vessels have sides so very thin, that the life-giving material of the air passes through into the blood, just as the warmth of the sun passes through glass; but while this lifegiving quality of the air passes into the blood, making it perfect, the impure and deathly ingredients of the blood pass out of it, into the air, which has just been deprived of its life. Thus it is, that while the air we draw in at a single breath is cool and pure and full of life, that which is expired is so hurtful, so poisonous, at least so destitute of life, that were it breathed in, instantly, uncombined with other air, by a perfectly at least so destitute of life, that were it breathed in, instantly, uncombined with other air, by a perfectly healthy person, he would instantaneously die. So that pure air in breathing is most essentially indispensable; first, to impart perfection, life to the blood; and also to withdraw from it its death. No wonder, then, that a pleatiful supply of pure air is so essential to the maintenance of health, so doubly essential to the removal of disease and restortium to a natural condition. moval of disease and restoration to a natural condition, No wonder, then, that when a man's lungs are decaying, and thus depriving him of the requisite amount of air, he so certainly fades away, unless the decay is first arrested, and the lung power or capacity restored.

The great principles, then, involved in the cure of Consumptive disease, or, professionally speaking, the

great indications, are-

the largest amount possible of substantial, nutritious, plain food.

To cause the patient to consume more pure air.

To bring about the first condition requires the exer-To bring about the first condition requires the exercise of extensive medical knowledge, combined with a wide experience and close and constant observation. To regulate healthfully the digestive apparatus—that is, to keep the whole glandular system of the human body in healthfully-working order—requires remedies and treatment as varied in their combinations almost as the varied features of the human face. Scarcely any two persons in a hundred are to be treated in the same way unless you can find then of the same in the same way, unless you can find them of the same size, age, sex, constitution, temperament, country, climate, occupation, habits of life, and manner of inducing the disease. Here are ten characteristics which are capable, as every arithmetician knows, of a thousand different combinations; so that any person proposing any one thing as a remedy—a cure for Consumption, applicable to all cases and stages, must be ignorant or infamous beyond expression.

The two things above named will be always curative in proportion to their timely accomplishment. The ways of bringing these about must be varied according to constitution, temperament, and condition. The mode of doing the thing is not the essential, but the thing done. Beyond all question, the thing can be cured, and is cured in various ways. The scientific practicular varies his various ways. The scientific practitioner varies his means according to the existing state of the case. The name of the disease is nothing to him; he attacks the symptoms as they are at the time of prescribing; and if he be an experienced practitioner, he will know what ought to be done, and how it should be attempted, just as a classical scholar knows the meaning of a classical phrase or word the first time he ever sees it as per-fectly as if he had seen it a thousand times before. And without setting myself up as an instructor to my medical brethren, I may here intimate my conviction, that the cure of Consumption would be a matter of every day occurrence, if they would simply study the nature of the disease, read not a word of how it had been treated by others, but observe closely every case, and treat its symptoms by general principles, as old as the hills, and follow up the treatment perseveringly, prescribe for the symptoms, and let the name and dis ease go. But then they must first understand perfectly the whole pathology of the disease—its whole nature. That, however, requires years of laborious study and patient observation.

The above things being true, as perhaps none will deny, it is worse than idle to be catching up every year some new medicine for the cure of Consumption. The some new medicine for the cure of Consumption. some new medicine for the cure of Consumption. The readiness with which every new remedy is grasped at, shows beyond all question that the predecessors have been failures. Scores of cures have been eagerly experimented upon;—naphtha, cod liver oil, phosphate of lime, each will have its day, and each its speedy night, simply because no one thing can by any possibility be generally applicable, when solely relied upon. The physician purst keep his eye steadily monthe thing to physician must keep his eye steadily upon the thing to be done, varying the means infinitely, according to the case in hand. Therefore, the treatment of every individual case of Consumption must be placed in the hands of a scientific and experienced physician in time, and not wait, as is usually the case, until every balsam and syrup ever heard of has been tasted, tried, and experimented upon, leaving the practitioner nothing o work upon but a rotten, ruined hulk, leaving scarcely anything to do but to write out a certificate of burial, and receive as compensation all the discredit of the death.

The intelligent reader will perceive that I have spoken of the cure of Consumption as a matter of course. From the resolute vigor with which cod liver oil has been prescribed and (believingly) swallowed within a very few years past, one would suppose that almost every one believed that the cure of Consumption was a common every day affair. A few years ago, nobody thought so, except perhaps here and there a timid believer who kept his credence to himself, lest he should be laughed at. But the public got hold of the idea that cod liver oil was a remedy for the cure of Consumption, and swallowed thousands of barrels of what was said to be it, before they thought of inquiring for the facts of the case. I have never to this hour heard or read of a single case of true Consump-

To cause the consumption and healthful digestion of ne largest amount possible of substantial, nutritious, lain food.

the alone use of cod liver oil. No case that I have seen reported as cured would bear a legal investigation. There has always been some kind of reservation. It is my belief that all the virtues of cod liver oil, or any my belief that all the virtues of cod liver oil, or any other oil, or phosphate of lime, as curative of consumption of the lungs, are contained in plain meat and bread, pure air and pure water; the whole of the difficulty being in making the patient competent to consume and assimilate enough of these. Herein consists the skill of the practitioner, and on this point he needs to bring to bear the knowledge, the study, the investigation, the observation, the experience of a life-time; and he who trusts to anything short of this, throws his life away. his life away.

The following articles are interesting and corrobora-tive. "Littell's Living Age," No. 379, for August, the most popular and best conducted journal of the kind in America, copies from the London "Spectator" the following highly interesting and well-written article. Every line of it merits the mature consideration of the intelligent reader.

# "NEW HOSPITAL FOR DISEASES OF THE CHEST.

"While one-third of the deaths in the metropolis are ascribable to diseases of the chest, the hospital accommodation devoted to that class of diseases has heretofore been only one-tenth; that is to say, most prevalent and destructive class of diseases had the least counteraction among the poorer classes. This peculiar, if not studied neglect, must be ascribed to a notion, now happily dying out, that diseases connected with the respiratory organs, and especially the lungs, were virtually beyond the reach of certain of effective treatment. It was indifference to this old notion that Lord Carlisle made an admission, in his address to Prince Albert, on laying the first stone of the City of London Hospital for Diseases of the Chest— 'We admit,' he said, 'that hospitals ought to give the preference to those maladies which afford a prospect of cure, rather than to those of a less hopeful charac-ter.' Now this admission, especially as compared with the qualification which followed it, that very much may be effected by precaution and a timely counterac-tion, is far too strong for the truth. Without accepting as literally true the inference of a physician eminent in the treatment of precional diseases. I hat all persons in the treatment of pectoral diseases, that all persons are at one time or other visited by maladies of that class, we believe it is certain that the proportion of mortality, enormous as it is, scarcely represents the comparative extension of such diseases. In the practical and popular sense of the word, it may be said that cure is as common in the class of pectoral diseases as in any other class. It has become much more common, indeed, since the great advance that has been made with the knowledge of such complaints in our own day. This advance has been of a two-fold charown day. This advance has been of a two local inquiry acter. The immense progress of physiological inquiry has thrown great light on the connection and common nas thrown great night on the connection and common causes of most cognate diseases, not only with each other but with the general health, and has thus enormously augmented the power of the physician in treating them by medicine and regimen. The invention of the stethescope, by placing the exploration of the inner chest within reach of observation, has given a distinctness of knowledge on the most characteristic and dangerous symptoms, heretofore unattainable: it has thus completed the round of evidence which establishes the connection of diseases, and at the same time guides the nature and application of topical treatment.

In discovering that the prevalency of pectoral dis-eases was far greater than had been supposed, science has also discovered how much more they are under subjection to the general laws of physiology and med-icine. This branch of science, however, is younger than others—a fact which teaches us to remember how much is to be expected from the active and vigor ous intellects now devoted to its exploration. ous intenects now devoted to its exploration. We may also remember that while the primary object of hospitals is the relief of sufferers who are too poor to obtain it for themselves, they are also great instruments for the benefit of society at large, by checking the inroads of disease where it could not otherwise be enroats of disease where it could not only wise be en-countered. They are still more signally valuable as great schools for the study of the diseases to which they are appropriated. They exemplify most power-fully the double blessing of charity, for him that gives as well as him that receives; the aid extended by a tion ever being perfectly and permanently arrested by hospital to the poor is returned to the rich in the

knowledge which it collects; for in rescuing from untimely death the assembled children of poverty, science

learns, as it could in no other way do, methods which enable it to rescue the children of wealth.

The more hopeful character of the most modern science had been in great part anticipated by the brave intellect of Andrew Combe. Before his time, it was intellect of Andrew Combe. Before his time, it was too generally, if not universally assumed, that the symptoms of Consumption were a death-warrant; he proclaimed the reverse truth, and established it. He became in his own person the teacher and exemplar, both to physician and patient; and in his compact popular volume and regimen, he has recorded, in a form accessible to all, the conclusions of his practical experience. He did away many of the old coddling notions, which helped to kill the patient by stifling the pores of the skin, filling the lungs with bad air, softening the muscular system with inaction, and deadening the vital function; a service searcely more useful in the vital functions; a service scarcely more useful in reconciling the patient to the restorative influences of nature, than in returning hope to the afflicted relatives, and in showing what might be done by common sense and ni snowing what might be done by common sense and diligence. At an early age, Andrew Combe was found to be in a Consumption—words which were formerly accepted as a death-warrant, in submission to which the awed patient duly laid down and died; Andrew Combe lived more than twenty years longer, a life of activity, usefulness, and temperate enjoyment.

"The 'People's Journal,' for July, one of the most popular European publications, has an interesting article in relation to the Consumption Hossnital founded.

ticle in relation to the Consumption Hospital, founded at Brompton; and few institutions have risen so at Brompton; and few institutions have risen so rapidly. It has a long list of noble and wealthy subscribers, with the Queen and most of the royal family at its head. 'As death has abundantly proved the mortality of the disease, so, paradoxical as it may seem, death also supplies us with evidence that the chief structural lesions of Consumption, tubercles in the lungs, are not necessarily fatal. The writer of these lines can state, from his own observation, (which has not been limited and is confirmed by that of others.) has not been limited, and is confirmed by that of others,) that, in the lungs of nearly one-half of the adult persons examined after death from other diseases, and even from accidents, a few tubercles, or some inequiv-ocal traces of them are to be found. In these cases, the seeds of the malady were present, but were dormant, waiting for circumstances capable of exciting them into activity, and if such circumstances could not occur, the tubercles gradually dwindled away, or were in a state of comparative, harmless quiescence. This fact, supported by others, too technical to be adduced here, goes far to prove an important proposition, that Consumptive disease is fatal by its degree, rather than by its kind; and the smaller degrees of the disease, if withdrawn from the circumstances favorable to its increase, may be retarded, arrested, or even permanently cured. There are few practitioners of experience who cannot narrate cases of supposed Consumption which, after exhibiting during months and even years, undoubted symptoms of the disease, have astonished all by their subsequent, more or less, complete recovery. Cautious medical men have concluded themselves mistaken, and that the disease was not truly tuberculous; but, in these days, when the detection and distinction of diseases is brought to a perfection bordering on certainty, the conclusion that recoveries do take place from limited degrees of tubercles of the lungs, is admitted by the best authorities, and is in exact accordance with the above-mentioned results of cadaveric inspection. Consider properly, and you will be ready to admit the truth of what has been already established by experience, that Consumption may be often prevented, arrested or retarded by opportune aid. On this point we know that many medical men are utterly incredulous, and stigmatize others who are less so, in no measured terms; but, with the present rapid improvements in all the departments of medical knowledge, there is less ground for such incredulity than there was for that which opposed and ridiculed Jenner in his ad-

for that which opposed and indiculed Jenner in his advocacy of vaccination as the preventive of small-pox.\(^2\)
In view of the above and other testimonials of the most distinguished living writers in favor of the curability of Consumption, it is impossible for any well-informed and well-balanced mind any longer to deny it. We cannot conceive it possible that so many great men should be so much deceived on a point which they have made it the business of a life-time to investigate

and study.

### "SUICIDE BY STARVATION.

"A very curious example of suicide by means of The very curious example of studied by means of starvation occurred some years ago in Corsica. During the elections, the Sieur V. rushed into the electoral college armed with a dagger, which he plunged into the breast of a man who had done him some injury. The man fell dead at his feet. The assassination was committed in the full light of day, and in the presence of an assembled multitude.

"V. was tried, found guilty, and condemned to death. His high spirit and resolute character were well known, and it was suspected that he would seek, by a voluntary death, to evade the disgrace of perishing on the scatfold. He was therefore vigilantly watched, and every precaution taken to deprive him of the means of

putting an end to his existence.

"He resolved to starve himself to death during the interval which elapsed between the sentence of the Court or Assizes and the reply which the Court of Cassation would make to the appeal he had addressed

"He had succeeded in concealing from the observation of his jailers a portion of the food with which they supplied him, so as to make it be believed that he regularly took his meals. After three days' abstinence, the pangs of hunger became insupportable. It then suddenly occurred to him that he might the more speedily accomplish the object he had in view by eating with avidity. He thought that the state of exhaustion to which he was reduced would unfit him to bear the sudden excess, and that it would inevitably occasion the death he so ardently desired. He accordingly sat down to the food which he had laid aside, and ate voraciously, choosing in preference the heaviest things. The consequence was that he was seized with a violent fit of indigestion, from which, contrary to his expectation, the prison doctor speedily cured him.

"He then resumed his fatal design. He suffered again what he had undergone before. The torture was almost beyond his strength. His thirst, too, was intolerable. It overcame his resolution. He extended his hand towards the jug of water which had been placed in his cell. He drank with avidity, and, to use

his own expression, was restored to life.

"To avoid yielding again to a similar temptation, he daily took the precaution of overturning the jug of water which was brought to him. Lest he should be induced to raise it to his lips, he threw it down with

induced to raise it to his lips, he threw it down with his foot, not venturing to touch it with his hand. In this manner he passed eighteen days.

"Every day, at different intervals, he noted down in his album a minute account of his sensations. He counted the beatings of his pulse, and marked their number from hour to hour, measuring with the most scrupulous attention the gradual wasting of his strength. In several parts of his melancholy memento, he declares that he felt it harder to bear the agonies of thirst than those of hunger. He confesses that he was frequently on the point of yielding to the desire of drinking. He nevertheless resisted.

"He was surprised to find his sight become more

"He was surprised to find his sight become more and more clear, strong, and accurate; it appeared to him like the development of a new sense. The nearer him like the development of a new sense. The nearer he approached his latter moments, the more his power of vision seemed to increase. On this subject he thus expresses himself: 'It appears as though I could see through the thickest walls.' His sense of feeling likewise attained the most exquisite sensibility. His hearing and smelling improved in a similar degree. His album contains many curious statements on these sub-

jects.
"The Sieur V. had devoted some attention to anatomy and physiology; and he attributes the increased acuteness of his senses to the way in which the in-

testinal irritation acted on the nervous system.
"His ideas, he says, were numerous and clear, and very different from anything he had experienced in moments of excitement or intoxication. They were all directed to logical investigation, whether he applied them to an analysis of material objects, or to philosophic contemplation. He also felt himself inspired with a singular aptitude for mathematical calculation, a study for which he had previously felt very little inclination. In short, he declares that he never derived so much gratification from his intellectual condition, as throughout the whole duration of his physical torture.

"He made notes in his album to the last moments of his existence. He had scarcely strength sufficient to

hold the pencil with which he traced the following open our lips, to ask each other if it were indeed poswords: 'My pulse has nearly ceased to beat—but my sible that the world were as gay and bustling as it was brain retains a degree of vigor which, in my sad con-when we formed a portion of mankind. dition, is the greatest solace Providence could bestow on me. It is impossible that I can live out this day. on me. It is impossible that I can live out this day. My jailers watch me, and fancy they have adopted every precaution. They little think that I have outwitted them. Death annuls the sentence which has been pronounced on me. In another hour, perhaps, they will find nothing but a cold corpse.'

"V. expired as he foretold. His album has been carefully preserved. It is a record replete with interest to medical professors. The slow torture, endured with some hours and described with such re-

with so much courage, and described with such re-markable clearness, renders it one of the most curious

documents in the annals of medical science."

Illustrating the same point, a gentleman, Mr. I. F. H. stated to the author that he was once under medical treatment for some affection of the eyes, requiring a very scanty diet. His general health was excellent, but he was always hungry; yet so far from having any sense of debility, he had, when he went out into the street, an elasticity of mind and body, an instinctive desire of loconotion, which caused him to feel as if he could almost fly, and a joyousness of spirit, which was perfectly delightful.

These two cases strikingly show, that with a smaller amount of food, and consequently of blood, men are cheerful in mind and active in body; therefore, a small amount of food, perfectly digested, gives more health and strength than a larger, not so. It is better, in-

comparably better, to feel a little hungry all the time, than to feel full, oppressed, heavy, with over eating.

Every patient of mine, who ever expects to get well, must keep this fact constantly and practically in view. It is too much the custom to measure one's health by the avidity of his appetite and his increase in flesh, as if he were a pig; forgetting that a voracious appetite and fat are always indications of a diseased body. A uniform moderate appetite is the attendant of good health. A racer's ribs must be seen before he is fit for the track, because then he is most capable of endurance.

The next incident shows, that with a moderate amount of substantial food and cold water, such being prisoner's fare, men may live for many years, with but little exercise, in the dark vaults of a prison, breathing all the time an atmosphere not very pure, as may be readily supposed. And it is earnestly hoped that the incidents narrated will leave upon the mind of every reader a life-long impression as to the value, both to the sick and the healthy, of living habitually on a moderate allowance of plain, substantial, nourishing food. It may be well to recollect here that it is not the quality, so much as the quantity of food, which lays the foundation every year of innumerable diseases and deaths. Let it be remembered, also, that men need a variety of food; living on one of two kinds for a length of time will always undermine a healthy constitution. Milk only has all the elements of life; and any other one kind of aliment, used indefinitely as to time, will as certainly deteriorate the constitution, bodily and mental, as anything that is planted will deteriorate if kept for successive years in the same field unrenewed. The popular notion that one or two kinds of food at a meal is most wholesome, is wholly untrue. On the contrary, several kinds at a meal, other things being equal, are more conducive to our well-being. Quantity, and not quality, is the measure of health.

### COUNT CONFALIONERI

wrote from the great jail of Vienna as follows :-

"I am an old man now, yet by fifteen years my soul is younger than my body: fifteen years I existed, for I did not live. It was not life in the self-same dungeon, ten feet square. During six years I had a companion; nine years I was alone. I never could rightly distinctive the feet of him who shared my require the guish the face of him who shared my captivity in the eternal twilight of our cell.

"The first year we talked incessantly together. We

sible that the world were as gay and bustling as it was

when we formed a portion of mankind.

"The fifth year we were silent.

"The sixth, he was taken away, I never knew where to execution or to liberty. But I was glad when he was gone: even solitude was better than that pale and vacant face. After that, I was alone.

"Only one event broke in upon my nine years' vacancy. One day, it must have been a year or two after my companion left me, my dungeon door was opened, and a voice, I knew not whence, uttered these words: 'By order of his Imperial Majesty, I intimate to you, that one year ago your wife died.' Then the door was shut. I heard no more. They had but flung this great agony in upon me, and left me alone with it this great agony in upon me, and left me alone with it again."—Phil. Pennsylvanian, March 2, 1850.

 Having shown the bearing which food has on health, I desire to make some statements as to the value of air and exercise in the same direction. These will be given succinctly, in the hope that the intelligent reader will study them and apply them at length, especially if he should come to me for medical advice. My habit is not merely to cure when I can the patient who comes to me, but to induce him to study and understand his own case and constitution, so that by the application of general principles he may afterwards be application of general principles he may afterwards be able to regulate his health under all ordinary circum-stances, as far as it can be done by diet, air, exercise, and regularity of personal habits; but never venturing to take an atom of medicine, however simple, except by the special advice of an educated, experienced physician.

### IMPORTANCE OF PURE AIR TO HEALTH.

Men are reported to have lived three weeks without food, but without air we cannot live three minutes.

The lungs of a full-sized man weigh about three
pounds, and will hold twelve pints of air; but nine
pints are as much as can be inhaled at one full breath, there being always a residuum in the lungs; that is, all the air that is within them can never be expelled at once. In common, easy breathing, in repose, we inhale one pint. Singers take in from five to seven pints at a single breath. We breathe, in health, about eighteen times in a minute; that is, take in eighteen pints of air in one minute of time, or three thousand

gallons in twenty-four hours.

On the other hand, the quantity of blood in a common-sized man is twenty pints. The heart beats seventy times in a minute, and at each beat throws out four tablespoons; that is, two ounces of blood: therefore, there passes through the heart, and from it through the lungs, an amount of blood every twenty-

four hours equal to two thousand gallons.

The process of human life, therefore, consists in there meeting together in the lungs, every twenty-four hours, two thousand gallons of blood and three thou-sand gallons of air. Good health requires this abso-lutely, and cannot be long maintained with less than the full amount of each; for such are the proportions that nature has ordained and called for. It is easy, then, to perceive, that in proportion as a person is con-suming daily less air than is natural, in such proportion is a decline of health rapid and inevitable. To know, then, how much air a man does habitually consume, then, now much air a man does habitually consume, is second in importance, in determining his true condition, to no other fact; is a symptom to be noticed and measured in every case of disease, most especially of disease of the lungs; and no man can safely say that the lungs are sound and well and working fully, until he has ascertained, by actual mathematical measurement, their capacity of action at the time of the examination. All else is indefinite, dark conjecture. And amination. All else is indefinite, dark conjecture. And I claim for myself to have been the first physician in America who made the measured amount of consumed air an essential element as to symptoms, in ascertaining the condition of persons in reference to the existence of Consumptive disease, and making a publication thereupon. The great and most satisfac-factory deduction in all cases being this, that if, upon "The first year we taked incessantly together. We factory deduction in all cases being this, that it, upon related our past lives, our joys forever gone, over and a proper examination, the lungs of any given person over again.

"The next year we communicated to each other our ideas on all subjects.

"The third year we had no ideas to communicate; by true, that whatever thousand other things may we were beginning to lose the power of reflection.

"The fourth, at intervals of a month or so we would a fatal disease by most persons, there is quite a wiland certainty that it is not Consumption, brings with it a satisfaction, a gladness of relief, that cannot be

measured.

On the other hand, just in proportion as a person is habitually breathing less air than he ought to do, in such proportion he is falling fast and surely into a fatal disease. This tendency to Consumption can be usually discovered years in advance of the actual occurrence of the disease; and were it possible to induce the parents of children over fifteen years of age to have investigations as to this point in the first place, and then to take active, prompt, and persevering measures to correct the difficulty, and not one case in a thousand need fail of such correction, with but little, if any medicine, in most instances many, many a child would be prevented from falling into a premature grave, and would live to be a happiness and honor to the old age of those who bore them. Persons who live in cities and large towns think, and wisely so, that the teeth of their children should be carefully examined by a good dentist once or twice a year; but to have the condition of the lungs examined, and, if need be, rectified, who ever thought of such a thing? And yet, as to practical importance, it immeasurably exceeds that of attention to the teeth. The latter are cared for as a matter of personal appearance and comfort: the lungs are a matter of life and death. We can live and be happy without a tooth, but without lungs we must pre-maturely die. Were the condition of the lungs, after such an examination as I have suggested, a matter of opinion or conjecture only, I would not propose it; but it is not: it is a thing of numerical measurement, of mathematical demonstration, as to the one point, Do the lungs work freely and fully or not? If they do the lungs work freely and fully or not? If they do not, declining health is inevitable, sooner or later, unless their activity is restored, which, however, can be done in the vast majority of cases.

### YOUNG PERSONS.

While speaking of the health and habits of the young, it may be well further to state, that wrong indupences debilitate the system; in time, the mind becomes unable to fix itself upon any subject profitably. Exhausting discharges further weaken the energies, and idiocy sometimes supervenes, in various forms and degrees of epilepsy; at other times, fatal symptoms of Throat-Ail and Bronchitis. (See Trousseau and Belloc.)

### A CASE.

"A youth, aged nineteen, indulged freely for some time, and at length began to experience pains about the throat. The voice was altered; shrill at first, then entirely lost. Swallowing liquids became impossible. He spit up large quantities of matter, and died after a year's illness. The lungs, on examination, were entirely sound, but the whole throat was ulcerated."

Throat-Ail and Consumption are diseases of debility, Throat-All and Consumption are useases of declinity, and it may be easily supposed that no progress can be made towards a cure while causes of debility are in operation. This statement is made here to save the necessity, in all cases, of more direct inquiries. If, however, there is no personal control, parents may apply the cattlet abilities and negregard reliefs he obtained ply for their children, and permanent relief be obtained without wounding the feelings or self-respect of the ailing party, who indeed may be blameless.

### MISCELLANEOUS CASES.

Sept. 2.) Your lungs are unimpaired; they (831. Sept. 2.) Your lungs are unimpaired; they are in full working order. There is no tendency at this time to Consumptive disease. Your aliment is dyspeptic laryngitis, complicated with a slight pleuritic affection, and with proper attention you will get well. At the same time, it is important for you to know, that these throat affections are among the most incurable of all diseases when once fully established. This consideration should induce you to commence at once a proper course of treatment, and to persevere in it until you are perfectly restored to health.

Note.—His principal ailment was an uneasy feeling in the throat, a frequent clearing of it, and an almost constant pain in the left breast. He wrote me in three weeks, that my prescriptions were acting admirably,

and that he was getting well.

(852. Sep. 2.) Your ailment is common tubercular disease, mainly tending to fix itself on the lungs, and next on the bowels. Decay of the lungs has not yet begun to take place; they are becoming inactive, about

fingness to have anything else; and the announcement | one-tenth of them doing you no efficient good. There is a reasonable probability that the disease may be ar-rested at this stage. A return to good health is by no means impossible; it is doubtful. The throat ailment is nothing more than what may arise from a dyspeptic condition of the stomach, liable to end in tubercular ulceration in your case, your lungs being already tuberculated to some extent; the right side slightly more than the other.

Note.—He complained chiefly of spitting blood, cough and debility; had been using cod liver oil for several months to no purpose. I have not heard from him

since giving the opinion.
(853. Sept. 2.) You have chronic laryngitis, torpid liver, lungs acting imperfectly. There is no decaying process, no Consumptive disease, and I see no special reason why you may not, with judicious treatment, recover your health.

He complained chiefly of husky voice (had to abandon preaching), constipation, and variable appetite. In five months he wrote me that he "was able to enter upon his pastoral duties," and had been discharging

them three months.

(854. Sept. 12.) Your lungs are not in a safe condition; one-third of them are now useless to you. It will be necessary for you to use diligent efforts to arrest the progress of your disease, and spare no pains in delicate. doing so.

Note.—Complains chiefly of spitting blood, cough, sore throat, debility. He appears to be getting well

rapidly.

rapidly. (855. Sept. 7.) Your disease is common consumption of the lungs; one-fourth of them are doing you no good; a part of them are irrecoverably gone; therefore, under no circumstances can you be as stout and strong as you once were. The decay of your lungs is progressing every hour. If that decay is not arrested, you cannot live until spring. Whether that decay can be arrested I cannot tell. It is possible that it may be done. It is not my oning not hat it can be done.

be arrested I cannot tell. It is possible that it may be done. It is not my opinion that it can be done. Mote.—Chief symptoms harassing cough, drenching night-sweats, daily expectoration of blood, constipation, irregular appetite, great emaciation and debility, could scarcely walk around one square. In three weeks he could walk twenty squares in a day without special fatigue. Here he ceased very unexpectedly to call upon me. Being a favorite child of his father, I took great interest in his case. Whether he suddenly relapsed and died, or thought he could get along now without farther aid from a physician, I do not know.

### A MERCHANT.

"At this time the lungs are untouched by disease; they do not work as free and full as they ought to do, but it is impossible that there should be any decay, or that they should be tuberculated to any extent. If your present weak state of health continues, the sysyour present weak state of health continues, the system will become so debilitated by winter, and so susceptible to impressions from cold, that you will in all probability fall into an eventual decline. At this time, nothing is the matter with you but symptoms arising from a torpid liver and impaired digestion. Your health can be certainly restored."

Note.—Aged thirty; he had spitting of blood, pains in the breast, and other symptoms which greatly alarmed himself and friends, as pointing to settled Consumption. He got perfectly well with little or no medicine, and remains so to this day.

On the same day, September 18, a young woman came for examination, having walked several squares.

Opinion.—"You are in the last stages of Consumption. A large portion of the lungs is utterly gone; the

decay is rapidly progressing, and nothing can arrest if.

Death is inevitable before the close of the year."

Note.—She had a hoarse, loud cough, cold feet, chills, no appetite, irregular bowels, difficult breathing on slight exercise. I did not prescribe. She died in a

short time. short time. (714.) J. S., married, aged 40, an officer in the Mexican war, and severely wounded at Cerro Gordo, complained most of cough, weakness, sweating at night, and shortness of breath. Any sudden movement of the hady or mental emotion produced almost entire

and shortness of breath. Any sudden movement of the body or mental emotion produced almost entire prostration. Had lost one-ninth of his weight.

Opinion.— Your lungs are in good working order; no decay, not an atom; the yellow matter expectorated is a morbid secretion from the windpipe and its branches. Your heart is affected; the calibre of its blood vessels is too small to transmit the blood with

sufficient rapidity; hence the fluttering and great debility en any sudden motion or protracted exercise, for these but increase the quantity of blood to be conveyed away. Your ailments depend on constitutional causes to a great extent, and in proportion are capable of removal."

I heard of this gentleman no more for one year, when he came into my office a well man in every respect, saying that he began to get well in three days after taking the first weekly pill, and thought as he was doing so well, there was no necessity of writing.

A case (988) similar, in some respects, is now under treatment: great throbbing of heart and weakness on slight exercise; a violent beating in the temples the moment he lays his head on a pillow at night. This does not such as the suc does not occur when he lies on his back. Frequent numbness and pricking sensation in left arm and leg; tosses and tumbles in bed for hours every night before he can get to sleep; great general weakness, and total inability to walk; riding in any kind of a carriage over a rough road, often but not always, brings on sick headache; has frequent distress at stomach; pulse one hundred; much dispirited, and has fallen away more than one-sixth.

Opinion .- "Your ailment is a symptomatic heart afcauses, originating in over efforts of mind and body.

The lungs are sound and well."

In three weeks he writes, each of the two weekly pills brought away large quantities of stuff, yellow as yolk of egg, with masses of a colorless, stringy sub-stance, and left my bowels regular. I now sleep as well as I could wish; very little pain in the side; stomach no longer distresses me. I have gained

strength, but no flesh, and some throbbing yet remains.

Note.—This man will probably get well if he continues to follow the directions as well as at the beginning. He had been advised to exercise his arms and the muscles of his chest a great deal, and was told that he must work, and thinking he could accomplish both at the same time, and being naturally industrious, he began to saw wood for family use during the coming winter; but every day he became weaker and worse, until he could scarcely stand up. This being a heart affection, every moment of such exercise necessarily

aggravated the malady.

This shows the mischievous effects of taking a wrong view of a case and of following the advice of every person one meets with. Many persons are advised to death. Over-confident advice is the attendant of inexperience and ignorance. It is forgotten that unpaid advisers, being well then selves, do not endanger their own lives, in case their recommendations are inefficient, if, indeed, not positively hurtful. Many are infatuated with vegetable remedies, taking it for granted that they can do no harm, even if they do no good; forgetting that in many cases a loss of time is equiva-lent to a loss of life, and that the most virulent poisons In all nature—those which produce almost instantaneous death—are of vegetable origin, such as nico-

tine, prussic acid, and the like.

Q. H., married, aged forty-eight; had a distressing cough, which, with a severe pain below the point of the right shoulder-blade, prevented any refreshing sleep. He arose every morning sweaty, haggard, and weary; no appetite, and daily expectoration of large quantities of matter. He had fallen off forty-two pounds, and was greatly depressed. I informed him that his lungs were not diseased, and that there was no necessary obstacle to his recovery. His friends thought he became worse under my treatment, for at the end of four weeks he was confined to his bed day and night, with frequent rigors and flushes. The pain steadily increased, at times aggravated almost beyond endurance by a cough, which I thought nothing could safely control, and hence gave nothing for it. He thought he could not live unless speedily relieved; his "relative, a physician, came to remonstrate against my "holding out hopes of recovery to a man who was evidently sinking with Consumption." I informed the patient he was better; that he would probably need no more medicine, and explained to him the reasons for such an opinion. In a few days his strength began to increase, and he walked out. He left the city soon afterwards, and now, at the end of three years, he is a hearty, healthy man, weighing upwards of two hun-dred pounds, having taken no medicine since he saw me. I considered his case to be one of great torpidity of the liver, with abscess, and treated it accordingly. The reader may see by this, how important it is some times to know that a case is not Consumption, and also the value of a steady resistance against ignorant

also the value of a steady resistance against ignorant interferences.

(July 23.) "Your lungs are not diseased, nor are they even impaired in their action. There is not only no Consumption in your case, but there is a less tendency that way than in most persons. You have not merely lungs enough for the ordinary wants of the system, but a large amount in reserve. Your whole ali ment is a dyspeptic condition, and there is no reason why a rational habit of life should not restore you to as good health as you have ever enjoyed, without any as good health as you have ever enjoyed, without any medicine whatever."

He complained of pain in the breast, large expectora

tion, voice sometimes husky, and a tightness across the chest.

(July 23.) "Your lungs at this time are not in a (July 23.) "Your lungs at this time are not in a satisfactory condition, more than one-sixth of them being valueless to you. A portion at the top of the right breast has decayed away. Your case is one presenting all the ordinary symptoms of common Consumption. It will be altogether impossible for you to arrest the progress of your disease if you continue your present habits of business (printer). If you pursue an out-door calling, and acquire judicious habits of life, it is probable that your disease may be arrested, and that you may be restored to renewed health."

Note.—As he had a good appetite, was working daily at his trade, and did not feel very bad, he thought it not advisable to abandon his calling, and died in three

months. (Nov. 8.) (Nov. 8.) "Your lungs are whole, sound, and in full working order. There is at present no appearance of Consumptive disease. Your ailments arise wholly from general constitutional causes, and may be removed by proper and rational habits of life and con-

Note .- He was not satisfied with my opinion ; fully impressed with a belief that he was falling into a decline, and insisted upon repeated examination. He was a man of wealth, of fortunate social relations, and very naturally dreaded death—too much so for a man. He observed faithfully the directions given, no medicine was advised, and wrote in three months that he was as well as he ever was in his life; his chief complaint was an "uneasy sensation about the heart," and some "trouble in the throat."

and some "trouble in the throat."
(Nov. 9.) "Your lungs are not diseased materially at this time. They do not work fully, but there is no decay. Your ailment is Chronic Laryngitis, of a very dangerous and aggravated character. It is very doubtdangerous and aggravated character. It is very doubt-ful whether you will get well. Something may be done

Note.—He could not speak above a whisper; swal-lowed food with great difficulty and pain. He relowed food with great difficulty and pain. He remained under the treatment of his family physician,

and died in seven weeks.'

(849.) "You are suffering under the combined influence of dyspepsia and consumptive disease, and duence of dyspepsia and constriptive disease, and they mutually aggravate each other. One-fifth of your lungs are now useless to you. This is a very serious deficiency. The extent to which you may be benefited, can only be ascertained by attention to directions given. Your case is not hopeless, yet it is critical and of a very grave character." He died in five weeks. He could not or would not control his apfive weeks. He could not or would not control his appetite, and the author ceased to prescribe, as is his practice when instructions are not implicitly followed.

(Aug. 30.) "All your ailments arise from a want of natural proportion between exercise and eating. If these were properly regulated, you would get well without any other means, as the lungs are sound, healthy, and entire. You are too full of blood, and it healthy, and entire. You are too full of blood, and it is not healthful; hence it does not flow freely, but gathers about the internal organs, oppressing them and giving rise to any number of ailments, constantly varying as to character and locality. Make less blood, and take more exercise, according to the printed in structions given you, and your return to good kealth will be speedy and permanent."

She complained of pains and oppressions, particularly about the chest, tickling cough, &c. I heard no more of her for six months, when her husband, a Southern planter, called to express his satisfaction, and to say that she was in good health, and had been for some

that she was in good health, and had been for some

(Sep. 30.) "Your disease is common consumption of the lungs. It began at the top of the right breast, and

after making some ravages there, it ceased and attacked | have cause for a lengthened and most unpleasant susthe left, which is now in a state of continued decay. It may spontaneously cease on the left side, as it did on the right; in that event, life would be preserved for the present. Without such an occurrence as just named, one-half of the lungs being useless to you, the constitution usually fails in six or eight weeks, and sometimes much sooner." She died in six weeks.

Frail and feeble persons often outlive by half a fife time the robust and the strong, because they feel compelled to take care of themselves, that is, to observe the causes of all their ill-feelings, and habto observe the causes of all their ill-feelings, and habitually and strennously avoid them. Our climate is changeable, and in proportion unhealthful. In New York City, for example, during one week in December last, in which the thermometer ranged from five degrees above Zero to fifty-five, there were forty-one deaths from inflammation of the lungs, while the ordinary number is about fifteen. The healthy disregard these changes to a great extent, and perish within a few days. The feeble are more sensitive to these changes; they increase their clothing and their bedding with the cold, and with equal care diminish these changes; they increase their clothing and their bedding with the cold, and with equal care diminish both, with the amount eaten, as the weather grows warmer, and thus long outlive their hardier neighbors. These precautions, with others, must all observe, THROUGH LIFE, who have been cured of an affection of the throat or lungs. Let this never be forgotten, for the oftener you are re-attacked, the less recuperative energy is there in the system, and the less efficient will be the remedial means which once cured you, unless by months of continued attention and wise observances you give the parts a power and a strength they never had before. This can be done in many cases.

But once cured, avoid the causes which first injured ou. If you put your hand in the fire, you may reyou. If you put you made in the property store it, but however magical may be the remedy, that hand will be burned as often as it is placed in the fire, without any disparagement of the virtues of the restored rative. No cure of your throat or lungs will render you invulnerable. What caused the disease in the first instance will continue to cause it as long as you are exposed to them. No promise is given you of permanence of cure longer than you are careful of your health. The safer plan by far will be to consider your-self peculiarly liable to the disease which once anself peculiarly lane to the disease which once an-noyed you, and make proportionate endeavors to guard yourself habitually against its advances. All assu-rances that any mode of cure will afford you a guarantee against subsequent attacks, are deceptive. No medicine that any man can take in health will protect him from disease. There is no greater falsity than this, that if you are well, a particular remedy, or drink, or medicine, will fortify the system against any specior medicine, will forthly the system against any specified disease, whether cholers, yellow fever, or any other malady. So far from this being so, it is precisely the reverse. Doubly so; you are thrown off your guard, and in addition you make the body more liable to the prevalent malady by poisoning the blood; for whatever is not wholesome food, is a poison to the system. tem, pure water excepted. Nothing, therefore, will protect a healthy man from disease but a rational attention to diet, exercise, cleanliness, and a quiet mind all else will but the more predispose him to it. But when once diseased and then cured, these things are not sufficient to keep him well; he must avoid what first made him an invalid, otherwise permanent health is not possible, but a speedy relapse and death are in-evitable, as to Throat-Ail, Bronchitis, and Consumption.

### DANGER OF CUTTING TONSILS.

M. Landouville removed an enlarged tonsil of a woman, aged 21. In eight days she had uncontrollable spitting of blood, which was constant, besides vomiting a large quantity. Small pulse; extremities cold. The danger was imminent. Various means had already danger was imment. Various means and aiready been adopted in vain; such as ice externally, styptics internally; then pressure with lint dipped in lemon guice; but it was at length controlled by pressing ice against the spot with forceps. (See Hays' Med. Jour., October, 1851.) Other cases are given in medical pub lications; they are not of frequent occurrence, but each one operated upon is liable to experience disagreeable results. An operation is seldom necessary—not one case in twenty. And as in the case above, the danger was not over for a week after the operation had danger was not over for a week after the operation had the lungs of another man, in three minutes ) been performed, others who have the tonsils taken out would die. Hence my insisting so much on causi:

pense.

It must not be forgotten that Throat-Ail is in very many instances wholly unmanageable, and ends fatally, simply from its being thought lightly of, until it has produced such a state of general irritation throughout the system, that the constitutional stamina is exhausted, and the pulse is habitually a fourth, or third, or even more, above the natural standard. Most generally, such cases go on to a final termination, in spite of modes of treatment. This is so uniformly the result, that any certain benefit in such cases cannot be promised; nor is it just that the general principles of treatment should suffer discredit from failure here; they are admirably and uniformly successful whenever they are applied in the early stages of the disease. It is to invoke prompt attention to the first and earliest symptoms of Throat-Ail, that pains have been taken in these pages to describe them plainly, clearly, and distinctly.

### CELL DEVELOPMENT.

The human body is in constant transition. The particles of which its structure is constituted are not the same in position and relation for any two minutes in succession. Thousands of atoms which compose it the present instant are separated from it the next, to make a part of it no more; and other thousands, which are a portion of the reader's living self while scanning this line, will have been rendered useless and dead on reading the next. There are two different armies of workers, whose occupations cease not from the cradle to the grave. One army, composed of its countless millions, is building up the body; the other removes its waste; one party brings in the wood and the coal for the fire-place and the grate, the other carries away the ashes and the cinders;—the builders and the cleansers. When the builders work faster than the cleansers, a man becomes fat, and over-fat is a disease. When the cleansers are too active, the man becomes lean, and wastes away to a skeleton, as in Consumption. Health consists in the proper equilibrium of these workers.

Every movement of the body, every thought of the mind, is at the expense of a portion of the material frame; that is to say, certain atoms of the living body are killed by every action of the mind, by every motion of the body, and being dead are useless. But then of the body, and being dead, are useless. But they must be removed from the body, or these "heaps of slain" would fill up the workshop of life, and the whole machinery would stand still; the fire-place would be filled with ashes, the furnace clogged with cinders, and the grate be useless. Vast masses of these dead atoms are pushed, worked out, or thrown from the body at the surface. At any night, on undressing, the clean-liest person may rub from the body countless numbers of these dead atoms, a teaspoon-ful of them may be gathered from the feet at a single washing, if long glected. Hence the value of thorough daily frictions to the skin, as promotive of health, because, on an average, we all eat about one-third more than is needed; thus throwing on the cleansers a third more labor every twenty-four hours than they were designed to perform. By the frictions we come to their aid artificially. They are wise who perform these frictions daily and well; but wiser they by far who do not eat the extra one-third, and consequently do not need to be scrubbed and bathed and washed every day of their existence, to save them from the effects of over-feed-ing. Better eat less and save trouble. The surplus third would feed half the poor of the land.

But a larger portion of these dead atoms are scattered

in the more interior parts of the body, and the cleansers remove them by first rendering them fluid, as solid ice or snow is made fluid by heat. It is then, as it were, sucked up by these cleansers, and conveyed finally to the blood, just at the heart, where they are mingled together and sent direct to the lungs, where they meet with the pure air that is breathed. Here an exchange takes place between the air and the blood.

The air gives to the blood its oxygen, its life, while the blood gives its death to the air. Hence it is that the air gives life as it goes into the lungs, but gives death if breathed unmixed as it comes from the lungs; that is, if a healthy person were to breathe for three minutes no other air than that which has just come out o

fall off and die. These new particles are in the blood, which delivers its living freight as it flows through the body, as a steamer delivers its freight to the thousand different ports as it ploughs along the majestic Mississippi. Whenever a living particle comes to the point where it is needed to supply the place of one just fallen or dead, by some inscrutable, inexplicable agency, as quick as electricity itself, a vesicle, a cell, a little boat, as it were, is formed, which floats it to the spot, delivers its charge and bussis and dies its duty done delivers its charge, and bursts and dies, its duty done. the object of its creation having been performed :—an apt type of the whole and living man, who, when the apt type of the whole and living man, who, when the great object of his creation is performed on earth, himself passes away in death; and happy indeed would he be, were that work so fully, so well, and so invariably done. These little wrecked, these bursted boats, have been collected, and ascertained to be made invariably and almost wholly of two materials—phosphorus and lime, which also are constituents of the brain itself. This phosphorus and lime are supplied by what we eat and drink. If we do not eat and drink enough, or if what we do eat and drink a not drink enough, or if what we do eat and drink has not enough of these constituents; or if, again, it is not perfectly digested, then there is not enough of these con-stituents to make the necessary boats to freight the nutrient particles to their destination; hence, the man wastes away to skin and bone, and dies—not because he does not eat, but because what he does eat does him little or no good. Especially thus is it in Consumption; a man dies of inanition, or, as physicians say, an error of nutrition.

Consumptive people die for want of strength, want of flesh, want of nutriment; not for want of lung sub-stance, as is almost universally supposed. They die, in almost every instance, long before the lungs are con-sumed, so far as to be incapable of sustaining life. sumed, so far as to be incapable of sustaining life. Namerous cases are given where men have lived for years with an amount of available lungs not equal to one-fourth of the whole. They were there, perhaps, but not available, not efficient. The majority of persons who die of Consumption, perish before a third of the lungs have consumed away, in consequence of loose bowels, torpid liver, indigestion, night sweats, want of sleep, clogging up of the lungs with matter and mucus by the daily use of cough drops, balsams, tonics, or other destructive agents. These symptoms need but be controlled to protect life indefinitely; that is to say, if the symptoms were prescribed for that is to say, if the symptons were prescribed for according to general principles, and properly nursed, letting toe Consumptive portion of the disease alone, it would somet mes cure itself, or at least allow the patient to live in ressonable comfort for a number of years.

tient to live in re-sonable comfort for a number of years. The reader may almost imagine that he has a clue to the cure of Consumption, if he could but give the patient phosphorus and lime, or phosphate of lime—that is, burnt bones—eight or ten grains, with the first mouthful of each meal, so as to let it be mixed with the food and carried with it into the blood; from twenty to thirty grains being daily needed in health. The scientific world were charmed less than a hundred years ago by the discovery of oxygen. It was supposed that as oxygen was the constituent of the air which imparted vitality to the blood, gave it its purity, and filled the man with life and animation. its activity, and filled the man with life and animation, nothing was needed but to take enough oxygen to purify the blood, and thus strike at the root of all disease. Accordingly, the oxygen was prepared and administered. The recipient revived, was transported, was fleet as the antelope, could run with the wind. He smiled, he fairly yelled for joy, and—died, laughing, or from over excitement. The machine worked too fast; it could not be stopped, and pure oxygen has never been taken for health since.

Thus it will, perhaps, always be with artificial remedies; they cannot equal those which are prepared in Nature's manufactory. The phosphate of lime, in order to answer the purposes of nature, must be elim-inated from the healthful digestion of substantial food in the stomach, and the only natural and efficient means of obtaining the requisite amount is, to regulate the great glands of the system in such a manner as to cause the perfect digestion of a sufficient amount of

Consumptive persons to breathe the largest possible amount of pure air; it unloads the blood more perfectly of its dead atoms, and also gives life to the essence of food which it also meets in the lungs; that a pure the finishing work to its becoming living blood. Let us notice next the builders, whose work is to notice next the builders, whose work is to given instance, fall off and die. These new particles are in the blood.

It is often stated as disparaging to physicians, that, notwithstanding the general increase in knowledge, in all departments, and the claim that medicine is reduced almost to a science, that human life is gradually shortening. There is great reason why men should not live so long as formerly. As a nation, we live more lux-uriously; our habits of eating and sleeping have beuriously; our habits of eating and sleeping have become more artificial, more irregular. Large numbers of people have no regular occupation. Our young women are trained in female boarding schools, which, with rare exceptions, are academies of mental, moral, and physical depravation; where novel reading in secret, and a smattering of everything in public, with a thorough practical knowledge of nothing, is the order of the day. From graduation to marriage nothing is done to establish the constitution, to make firm the health—no instructions given as to how that health health-no instructions given as to how that health may be preserved, no active teaching as to household duties, no invigorating morning walks, no wholesome, elegant, and graceful exercises on horseback. The days are spent in eating, in easy lounging, in ceremonial are spent in eating, in easy lounging, in ceremoniar visitings, in luxurious dreaminess over sentimental fictions; their nights in heated rooms or crowded assemblies of hot and poisoned, if not putrid air. No wonder that with educations like these, the girls of our cities and larger towns fade away into the grave long before they reach the maturity of womanhood.

they reach the maturity of womanhood.

Our young men, also, in cities and large towns especially, grow up in too many instances without any stamina of constitution. Bad practices—drinking.chewing, smoking, theatre going, secret society gatherings—involving late hours, late suppers, late exposures, private indulgences—these destroy the health, deprave the morals, and waste the energies of the whole man, Many are permitted to grow any without any trade Ine morals, and waste the energies of the whole man. Many are permitted to grow up without any trade, trusting to a wealthy parentage, or political influence, or the name of a profession, entered only for show and not for practical life. Others grow up as clerks in stores, banks, offices, with good salaries it may be; but when the merchant has become a bankrupt, the offices failed, the banks broken, the party in power defeated, their occupation is gone, their resources are exhausted; they lounge about waiting for a place, the clothes are wearing out, the board bill is in arrears, independence lost, spirits broken, mind irritated, disposition soured, and the first crime is committed—that of engaging board without any certain means of paying, or leaving a struggling widow in arrears;-the proud, the highminded, the well-dressed, courteous, and cheerful-faced minded, the well-dressed, coureous, and cheerd-aced young man of six months ago has made his first step towards degradation, by making a toiling woman give him for nothing the bread and meat which she had earned in toil and sweat, and tears perhaps, and which the children of her own bosom needed. When the honor is lost, low habits and loss of health and life soon follow. Let every young man from the country hest-tate to come to the city to try his fortune, unless he have learned well an honest and substantial trade; then he may work his way sternly and steadily to useful-ness, influence, and wealth. It is for want of a suitable education and occupation that such numbers of our young go down to a premature, if not dishonored, grave. But notwithstanding these errors as to the education and employment of our young men and young women, medical writers have been extensively disseminating useful knowledge by means of books, pamphlets, lectures, newspaper articles and the like, in reference to the preservation of health in the nursery, the schoolthe preservation of health in the nursery, the school-house, the academy, the college—in factories, work-houses, penitentiaries, as to diet, exercise, ventilation, drains, sewerages, house-building; and the general re-sult is, that within three hundred years past, the average length of human life has been increasing and not diminishing. The average age increased two and a half years for the twenty years ending 1820 in the United States. For the fifty years ending in 1831 in France, it States. For the flry years to 31½, notwithstanding the devastations of the wars of Napoleon and the French Revolution. In London, for the century ending 1828, the average age of all who died had increased 43 years. In Geneva, 300 years ago, it was 21 years; it is now 41. Europe is computed to have a population of twe

hundred and thirty millions. Not a hundred years ago, Gibbon, the great historian, estimated it at less than one-half. This immense increase has taken place not-withstanding the millions who have emigrated to this and other countries—notwithstanding, too, the far greater drawback, that during a considerable portion of the time the most desolating wars were waged that were ever carried on there. This can only be accounted for the time the most desolating wars were waged that were ever carried on there. This can only be accounted for by the reforms which medical science has introduced, and the more general diffusion of practical knowledge

and the more general diffusion of practical knowledge as to the preservation and promotion of health, in publications made by eminent physicians and surgeons.

As, therefore, a higher degree of medical intelligence has extended the average of human life—in some places fifty per cent, taking all diseases together—it is reasonable to suppose that increased intelligence as to one class of diseases would, in the course of time, have a like happy effect; that if more truthful views as to the nature, causes, and symptoms of diseases of the lungs were extensively promulgated among the people, their fearful ravages would be diminished in correspond-

ing proportion.

In 1851, the deaths in Boston, from Consumption alone, were about thirty per cent. of the entire mortality, and the Medical Association announces that it "is steadily on the increase from year to year." If this is the case in Boston, where such large quantities of cod-liver oil have been purely made, and hence more easily and cheaply obtained, it presents a striking and practical contradiction of its curative powers in Con-sumption, and calls upon us in louder and louder tones to look less to the cure of this terrible scourge, and more to the detection of its early symptoms and its premore to the detection of its early symptonis and its prevention, by scattering intelligence to every family, and on the wings of every wind, as to what are its causes and what these early symptoms are. Such is the ob-

ject of this publication.

Patent Medicines are those whose contents are not made known. A physician who has any respect for himself would scarcely use them, or advise their use. It is a universal custom among all honorable practitioners, to communicate to their brethren any valuable dis-covery: thus, any one of them is benefited by the discoveries of all the others: they hold their knowledge in common. A remedy discovered to be truly valuable in New York to-day, in the cure of any disease what-ever, is, in a few months, known wherever the English language is read and spoken. Thus thousands, scattered over the world, whom the discoverer never could see, are benefited and blessed by his discovery, through the regular practitioner. Some other person obtains this knowledge, prepares the ingredients, disguises them with some inert substance, and sells it as a secret remedy, leaving those to die, as far as he cares, who do not buy from him or his agents; while thousands of others, in other states and countries, perish for the want of a knowledge locked up in his bosom. Any patent medicine is a cure for a given disease, or it is not. If it is not a cure, it is false and criminal to sell it as a cure. If, on the other hand, it is what it professes to be, it cannot be much better than murder to withhold it from those who cannot purchase it, and to allow thousands, at a distance, to die from the want of it, who never heard of it, or, if they did, live too far away to send for it in time. Let those who purchase these articles think of the argument, and aid and abet no more, by their patronage, those who allow their fellow-creatures to die by thousands every year, who would be saved (if what is said be true) by the knowledge of the remedy whose composition is so carefully concealed.

Many things have been passed over in the foregoing pages, which might satisfy the curiosity or interest a large class of readers, but it is not necessary that they should be known, and if known, might have an injurious effect, considering the present state of knowledge on the subject of Consumptive disease; such, for example, as stating what symptoms are infallibly fatal, what kind of persons, as to sex, temperament, color of hair, eyes, skin, make of body, are most liable to it, or hair, eyes, skin, make of body, are most liable to it, or hair, eyes, skin, make of body, are most liable to it, or hair, eyes, skin, make of body, are most liable to it, or hair, eyes, skin, make of body, are most liable to it, or hair, eyes, skin, make of body, are most liable to indefinitely warded off by proper care and habits of life, if the constitution is not much broken.

CROUP OF CHILDREN.

Many a lovely child is destroyed in a single night by this alarming disease. Its nature is described in the others, would indicate a very different result. I do not first Part. It is a disease of the windpipe, which is filled or lined with a phleggm, which becomes more and more tough, almost leathery—thickens, and at length items as other physicians do. I have lost some whom what kind of persons, as to sex, temperament, color of

stage, with the full assurance of my belief, that thus one person would not die of disease of the throat or lings where one hundred now do. In truth, I had greatly rather that persons in the advanced stages would not apply to me; for it at once involves a degree of responsibility and solicitude, which is to extend through weeks and months, and for which any money paid is not the shadow of a remuneration.

I greatly desire it to be understood that I have no magical means of cure. Ailments of the throat and lungs are not to be removed by a box or pills or a bottle of busan. It is not the work of a day, no of a week. These cases often require weeks an months of treatment, and of a treatment constantly varying, to meet the varying phases of the disease. Sometimes it occurs, but not often, that a person writes for advice in full, and it is given, and the single prescription. PERSEVERED IN, has effected a happy cure, and months and years after, such persons have come to see me, to express their gratification. At other times, prescriptions are sent, and the persons never heard of afterwards. In nearly all cases, these are young people, or wards. In nearly all cases, these are young people, or persons who have no energy of character, no perseverance, no determination. For a few days or a fortnight, they give a general attention to the directions, and because they are not cured, break off and apply to some other physician, to follow the same course, or become negligent of themselves, and eventually die. It is a most hopeless task to attempt to cure any of Throat-ail or Consumption who have no energy of character. ail or Consumption who have no energy of character. It is time, and trouble, and money lost, as they are not diseases to be eradicated in a day, by a drop or a pill. It is to be accomplished, if at all, by a determined, thorough and persevering attention, for weeks and sometime many months, to rational means, we calculated to build up the constitution, with a decreasing use of medicine and an increasing attention to habits of life.

ASTHMA .- I have said but little of this distressing ASTIMA.—I have said but little of this distressing disease. It is not often critical or dangerous until advanced life. As a general rule, it is incurable. Children who have it, sometimes grow out of it. In some women, it often disappears at the turn of life; in others, during the years of child-bearing. A fit of asthma, as it is called, generally cures itself, by being let alone. An attack is often hastened away by judicious means. In nersons of a feeble constitution if dicious means. In persons of a feeble constitution, it is liable to come or go any day or hour, and prove fatal in marked changes of weather—that is, to very cold, or from cold to a warm, heavy, thawy, foggy atmosphere, The only proper and efficient method of treatment is, to prevent the attack, which can be done in the great majority of cases, and for an indefinite length of time. The distinguishing symptom is want of breath; the patient feels sometimes as if it would almost kill him to speak two or three words; the necessity of breath is so great, he cannot find time to cough, and represses it, lest it should take his breath away. He can neither cough, sneeze, spit, nor speak freely. He sits up, wheezes, throws his head back, wants the doors and windows opened. The attacks generally come on towards the close of the day, and pass off about midight or soon after, when the cough becomes loose, and large quantities of a substance more or less yellow, pearly, and tenacious, are expectorated; urination becomes copious, and the patient recovers, to be attacked in the same way night after night, until the violence of the disease is expended, and recovery takes place; or if these ameliorations do not occur about midnight, the to speak two or three words; the necessity of breath if these ameliorations do not occur about midnight, the case is aggravated, and the patient dies in a few hours. This disease is treated more at length in the large ed-This disease is related more at length in the large en-tion. It is certain, that in a vast number of cases, whether hereditary or accidental, the attacks can be indefinitely warded off by proper care and habits of life, if the constitution is not much broken.

It usually comes on in the night. The distinguishing as soon as it begins to boil, pour on eight or ten table symptom is a wheezing, barking cough. A mother who has ever heard it once, needs no description to tenable her to recognise it again. The first born are most likely to perish with it; simply because the parent has no experience of its nature, and hence is root already in time or know, not what it do while.—Take a pint of flour; make the parent has no experience of its nature, and hence is little a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water, the it includes it into a dough ball with water. not alarmed in time, or knows not what to do, while the physician is being sent for. In the hope of being instrumental in saving some little sufferer, whose life is inexpressibly dear, at least to one or two, I will make some suggestions, not for the cure of the patient, but to save time. The instant you perceive that the child has Croup, indicated by the barking Cough, uneasy breathing, restlessness, send for a physician, and as instantly wrap a hot fixnnel around each foot, to keep it warm; but while the flannels are being heated, dip another flannel, of two or more thicknesses, in spirits of turpentine, or spirits of hartshorn; or have a large mustard plaster applied, one that will reach from the top of the throat down to some two inches below the collar bones, wide enough at top to reach half-way round the neck on either side, and nearly across the whole breast at bottom. But it will take time to send for a physician, to prepare flannels, and to make the plaster or obtain the turpentined flannel, and in some cases fifteen minutes is an age—is death, if lost; therefore, while these things are preparing, give the child, if one year old or over (and half as much, if less), about half a teaspoon-ful of flive Syrup, and double the dose every fifteen minutes until vomiting is produced; and every half hour after vomiting, give half as much as caused the vomiting, until the physician comes, or the child ceases to cough, when he breathes free, and is safe. If you have no Hive Syrup, give a easpoon-ful of Syrup of Ipecac, and double the dose every fifteen minutes until vomiting is produced. If you have been so thoughtless as to have nothing at all, poil some water, keep it boiling, dip a woolen flannel of several folds into it, squeeze it out moderately with our hand, and apply it as hot as the child can possibly Dear to the throat, and in from one to three minutes, ac cording to the violence of the symptoms, have another to put on the instant the first is removed, and keep this up until the breathing is easy and the cough is loose and the phlegm is freely discharged, or until the arrival of the physician.

I wish to impress upon the reader's mind a few dis-connected subjects. Consumption most generally comes on by a slight cough in the morning, about the time of rising or first stirring about. The existence of tubercles in the lungs is not necessarily fatal; they remain dormant for a life-time, unless irritation or inflammatory action is excited by bad colds neglected, or exhausting habits or discusse on debitions. exhausting habits or diseases, or debilitating occurrences, or wasting indulgences. These things throw more ces, or wasting indulgences. persons into fatal Consumption than are destroyed by the hereditary form of the disease; and these should be, as they can in very many instances, safely rem-

The following recipes are frequently referred to:-How to Toast Bread.-Keep the bread a proper dis-

How to Toasi Bread.—Keep the bread a proper disance from the fire, so as to make it of a straw color. It is spoiled if it is black, or even brown.

Toast Water.—Take a slice of bread about three linehes across and four long, a day or two old. When it is browned, not blackened, pour on it a quart of water which has been boiled and afterwards cooled. Cover the vessel, and after two hours, pour off the water from the bread gently. An agreeable flavor may be imparted by putting a piece of orange or lemon peel on the bread at the time the water is first poured on the bread. on the bread.

Barley Water .- Take two tablespoons of pearl bar ley, wash it well in cold water, then pour on it half a pint of water, and boil it fifteen minutes; throw this water away, then pour on two quarts of boiling water, and boil down to a pint; then strain it for use. An ounce of gum arabic dissolved in a pint of barley water

is a good demulcent drink.

Flax-seed Tea .- Take an ounce or full table-spoon of flax seed, but not bruised, to which may be added two drams of bruised liquorice root; pour on a pint of boiling water, place it covered near the fire for four hours, strain through a cotton or linen rag. Make it fresh daily.

Tamarind Whey .- Two tablespoon-fuls of tamarind, stirred in a pint of boiling milk; then boil for fifteen minutes, and strain.

Wine Whey .- Take a pint of milk, put it on the fire :

spoons of Madeira wine, in which has been stirred two teaspoons of brown sugar; stir the whole until it has been boiling for fifteen minutes; then strain through a

it into a dough ball with water; the it tightly in a linen bag; put it into a pan of water, covering the ball, and let it boil ten hours; place it before the fire to dry, cloth and all; take it out of the cloth, remove the skin, dry the ball itself. Grate a tablespoon of this, and stir it into a pint of boiling milk, until a kind of

mush is formed.

Boiled Turnips.-Small turnips boiled make one of the best articles of food which invalids and convalescents can use. Carrots may be added; half and half. cents can use. Carrots may be added; han and han Boil them once; repeat the boiling in fresh water until they are quite soft; press the water out through a coarse cloth; then mix enough new milk to form a kind of pulp; season with salt, and then place them before the fire until it is a little dry or crusted.

Beef Tea.—Cut into thin slices a pound of lean meat,

pour on a full quart of cold water, let it gradually warm over a gentle fire; let it simmer half an hour, taking off the skum; strain it through a napkin. Let it stand ten minutes, then pour off the clear tea.

Cracked Wheat.—Dry some common wheat, then grind it in a coffee mill; boil it three or four hours; add a little salt, a little milk, butter, cream, or molasses may be added, as in using homminy. It should be always washed clean, and then hoiled long enough to become of the consistence of boiled rice or homminy. A pint of wheat dried and grounnd is enough for a day, not to be used for support.

Apin of wheat direct and ground is choose of day; not to be used for supper.

Dandelion Diet Drink.—Take three ounces of the bruised root of the dandelion flower, which should be gathered in July, August, and September; pour on a quart of water, boil it to a pint, and strain it.

60 Drops make one Teaspoon. one Tablespoon. 4 Teaspoons 2 Tablespoons 66 one Ounce. 2 Ounces •6 one Wine-glass. one Gill or Teacup. 2 Wine-glasses 66 66 one Pint.

I greatly desire that nothing I have written should excite unreasonable expectations as to the speediness of cure of the diseases treated of; they come on slowly, are sometimes for years gathering force in the system, and hence it is unreasonable to suppose that they are to be eradicated except by energetic treatment, long-continued, unless attended to in their very first stages. The patient, page 107 top of second column, expressed himself as being cured in two days:—it was expressed nimser as being cured in two days:—It was three months before every remnant of disease seemed to have left his throat. Remember this, if no other sentence—attend at once to the first morning cough, or frequent hawking, hemming, swallowing, or want of clearness of voice of two weeks' continuance; otherwise, in nine cases out of ten, a fatal Consumption will be the result.

# HALL'S JOURNAL OF HEALTH.

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[NO. VI.

# THE LITTLE COURTESIES OF LIFE.

In walking through the streets of Paris, one scarcely fails to be struck with the life, light, and animation which prevails everywhere, and seems to pervade almost every body and every thing. The traveller from murky London or anxious New York, or stiff, calculating, skinny Boston, feels himself to be in a new atmosphere, and before he is aware he is hurried along with the living tide of the Boulevards or Champs Elysees, a polite and smiling gentleman,-his own countenance so brightened up with a cheery gladsomeness and sunshine, that he would not know his own phiz if suddenly confronted with a mirror. Everywhere there are birds, and songs, and flowers, and smiles; at every turn there is such a seeming unaffected courtesy and polite deference that the most common person can scarce avoid coming to the conclusion that he is somebody, and he retires to his hotel with a lighter and more satisfied heart than he has had for many a long day, and places his head upon his pillow, well pleased with all the world. The Editor's reminiscences of beautiful Paris, in the palmy days of Louis Philippe, are all of flowers and sunshine. Being a child of the sunny south, it seemed to him, when he first pitched his tent in Gotham, to wander no more, because of family ties, that every man, woman and child was going to a funeral; glum and monosyllables were the order of the day. If sauntering in Union Park he took a seat on some vacant bench, the very next comer moved on the last two inches of the utmost extremity, in three cases out of four giving a view of his back; in sixteen seconds more he would be making numberless gyrations with his cane or boot toe on the gravel walk; if the bench happened to be on the flagging he would fix his eye on some spot and spit at it by the quarter; no cheerful flitting ever coming across.

that sad reflecting face even for the briefest moment, as if there were not a thought or a sympathy for any human being. Why not give time to gold and time to gladness too, and let each have its season: be serious if you please in Wall-street or behind the counter, but in the car or omnibus, or park or square, or church or promenade, let an inner joyousness light up the countenance, and let the smile of recognition of your brother man wake up new life whenever the eve falls upon that brother's countenance: it will seldom fail to light up a kindred gladness there, self-perpetuating all along glorious old Broadway, from Union square to the Battery; all of us would live the longer for it, and what is more, live the happier. I move that no vinegar cruet be allowed in Broadway until moon down. What right has any man to come up to me, without cause or provocation, when I am gladsomely strolling down town, with little Nell and Molly, each holding on to a forefinger, to turn my face into a tamarind? They will see it in a moment, and their little hearts will beat less joyously, until we get to the next candy shop. These are little things it is true, but the mass of human enjoyment or sorrow is made up of these self-same little things. A writer well savs :---

"The little things of life have far more effect upon character. reputation, friendship, and fortune than the heartless and superficial are apt to imagine. They are few indeed, however rough by nature, who are not touched and softened by kindness and courtesy. A civil word, a friendly remark, a generous compliment, an affable bow of recognition—all have an influence -while surliness, incivility, harshness and ill-temper naturally enough produce an effect exactly to the reverse. The American people, as a whole, are perhaps not remarkable for courtesy. They are so actively engaged in the bustle of life, in onward movements of commerce and trade, that they have little leisure to cultivate and practice those polished refinements, which are the results of education, of travel, and of enlarged intercourse with society. Nevertheless, we are not a discourteous people, and in the great cities the proprieties of manner, and the civilities of form are attended to with a commendable degree of exactness.

"Still we are bound to confess that we are deficient in many of the little courtesies of life—courtesies that are admirably

calculated to sweeten the intercourse of society, the intercourse of friendly feeling, and the general communion that takes place from day to day, between neighbors and companions. The excuse with many is, that they have not time to practice the civilities to which we refer—that they are too much engaged in more important matters. Thus a friendly visit will not be repaid, a polite note will be left unanswered, a neighborly call will be disregarded, a pleasant smile will be met with a cold look of indifference, and a cordial grasp of the hand will be responded to with reluctance, if not surprise. All this may seem nothing, and yet the effect upon the mind and the heart is chilling and painful."

# THE CHILDREN OF THE RICH.

THE following article ought not to perish with a daily paper.

"Too much honor cannot be awarded to Messrs. Brace and Pease for their untiring efforts to elevate the children of the city poor, from the conditions of ignorance and general demoralization in which so many of them lie enthralled. We every day hear interesting narratives of the good which is doing by these instrumentalities, of intelligence quickened, virtuous resolutions enforced, industrial aspirations promoted; and we are told that the testimony of the farmers in the country, upon whose wholesome stock these youthful scions are sought to be engrafted, is often extremely encouraging. Messrs. Pease and Brace are ndeed sure to be rewarded in the advancing success of their enterprise.

"But we are satisfied that there is a still more hopeless class among us than the children of the Five Points, and these are the children of our rich men. The former have this advantage, that they are born and nurtured under circumstances of so much infamy, as to make any change in their condition almost, necessarily a change for the better and not for the worse. They begin at the very lowest step of the social ladder, and although they may in truth never mount, they yet may hardly be said ever to descend any lower than their original perch. No affable pimp is so foolish as to lavish his attentions upon the outcast and penniless, nor does the unctuous blackleg deem it worth

while to lubricate by the fatal saliva of his courtesies, a morsel which when swallowed must prove so purely sinewy and undigestible. Thus the baseness of our Five Points children is apt to remain native, not acquired. They have any amount of "original sin" on hand, but their "actual transgressions" pale and die out before the lurid glow which characterizes those of our Fifth Avenue youth.

"Where then is the benevolent Mr. Pease or Mr. Brace whose heart is touched by the moral raggedness of our rich young men? Where is the bold and wise philanthropist who shall probe this deadly and deepening ulcer, and tell us what soundness remains underneath? The time is ripe, the urgency unprecedented. One can count as he goes along our lordly thoroughfares, so many homes in which the father sits solitary, robbed of the sons who should have been the ornament and prop of his declining years, or in which the sleepless heart of the mother counts the weary hours till morning, waiting in vain her prodigal's return! And one can also count on the other hand as he goes along Broadway so many princely houses where hell lies in ambush, and hecatombs of promising youth are nightly offered up to the gigantic Moloch of Play! We are informed on good authority that fifteen houses between Bleecker and Barclay-streets in Broadway alone, are daily and nightly open for gambling, fitted up many of them with extreme luxury, rendered attractive by every artifice which can inflame the senses and captivate an imagination devoted to pleasure, and maintained some of them as to the mere necessary expenditures at an outlay of between twenty and thirty thousand dollars a year. Who support these glittering palaces of death? Where. for instance, do the proprietors of the most luxurious of these hells get the twenty or thirty thousand dollars per annum, which enable them to maintain the house they occupy between Prince street and Spring, and set a dinner table and a supper table every day and night, which eclipse every gentleman's table in town, and which, nevertheless, are free to every gentleman's son in town? They get them out of the pockets of our business The industry and enterprise of our commercial classes are incessantly tapped to fatten these bloated ulcers of vice and crime. For it is not the sons of our farmers and mechanics that are to be found in these haunts, but only the sons of those who

have large property, and expect to leave their children enough to maintain them without work. It is the children of our rich men who keep up the army of pimps, and swindlers, and blacklegs that infest the city. Find a young man who has no money, or who having money, has no desire to get rid of it unprofitably, and you find a soil upon which roguery cannot fasten. Who feed our pugilists? Who in the long run pay the expenses of their idleness, and train them for their loathsome office? It is of course our rich men. It is those who having amassed a mint of money, carelessly and culpably drown the active or productive energies of their children in the love of purely passive enjoyment.

The mud of our streets owes half its parentage to the dust of the earth, and half to the rains of heaven. So the vice and crime which disfigure society appear to grow out of the alliance of extreme wealth and extreme poverty. It is chiefly in the very lowest or in the very highest stages of the social edifice that we encounter intemperance, licentiousness, gambling, and the various forms of profligacy which still curse our civilization. We have all faith, indeed, that as Henry C. Carey, and after him. Frederick Bastiat, have splendidly demonstrated, there exists a perpetual tendency in history toward the approximation of our social extremes, by the gradual elevation of both to a new social level; but in the meantime how desirable would it be to have this faith intelligently promoted by our own action! How much, meantime, might our rich men do by cutting off as far as in them lies, the sources of the existing demoralization! As the reader passes along Broadway, let him glance at the juvenile faces that about noon-day fill the porches and sittingroom windows of the great hotels, and if he be a father let him ask himself how he would like to see a son of his own enrolled in that bleached and decrepid regiment. How still they sit, and how patiently they gaze upon the monotonous streets! Are they palsied? No, they smoke, they sneeze, they cough, they discharge in fact all the offices of automatic life. By-andby they will rise and saunter toward the bar perhaps, or they will go to the billiard-room and chase the weary hours around the table till dinner-time, when night will doubtless galvanize them into some more feverish activity. You devoutly pray God to exempt your darling boy from such a fate as he grows

up. But God's pity is infinite toward these poor faded flowers. and your blooming offspring can claim no exceptional regard from him. By no coaxing or adulation can we persuade Him to remit eternal laws in our behalf, and if we bring up our children to covet a life of pleasure as the summum bonum, or to anticipate a career of inglorious or passive enjoyment, not all the powers of heaven can prevent their falling into the hands of the harpies who live by their destruction. Of course it is entirely right that the enterprise of our business men should be richly rewarded, that industry and fidelity to one's avocations should even be stimulated by the chance of attaining at last to abounding wealth. But at the same time let us all remember that we belong to society before we belong to ourselves, and that we have no right therefore to overlook the paramount claims of society for a moment in the education of our children. The grand distinction of human life is that it is pervaded by the sentiment of society, fellowship, equality, and those accordingly in all ages who have most amply illustrated it have been marked by the most cordial subjection to this sentiment. We would have fathers remember that their children are primarily the children of society, and only secondarily theirs. And we repeat that they have no right to overlook the paramount claims of society in the education of their children. No man, even supposing him to have the wealth of Mr. Astor, has a right to bring up his children to a career of idleness. No man not a savage has a right to educate his children with a view simply to the passive enjoyment of life. This is wholly to mistake the end and meaning of life. Life was never meant to be a mere pleasure save to the brute. To higher natures it has always been and always will be a school, a discipline, a journey, a march, a battle, a victory. The law is absolute and wholesome, growing out of the very divinity of man's source. No amount of fortune accordingly can exempt a man from its operation. It leaves no one where it finds him. If it does not elevate him above the lambent stars, it makes him grovel in the dust of the earth. The alternative is infallible, and therefore we say to our thoughtless rich men, that they had better, on every account study the methods of a wise depletion, and educate their children to industry, economy, usefulness. It were greatly better for society, because society would then

have immense benefits unsparingly rendered it; and it were greatly better also for their sons, because then these latter would stand some chance of turning out the men their fathers were before them, and would no longer be tempted to curse the parentage, whose fond and wicked pride furnished them the means only of a boundless and inevitable profligacy."—

New York Tribune.

# THE SPIRIT RAPPER.

(A TRUE STORY.)

WRITTEN BY A CLERGYMAN.

Illustrating the evil influence of Over-eating.

Some few years ago, when the Spirit Rapping manifestation seemed to have aroused the public mind, and the well-known excitement which then followed pervaded every house to more or less extent, it fell to my lot to become personally acquainted with a young theological student, who narrated to me the following graphic occurrence:—

"I was intensely excited upon hearing of the visible, audible appearance, and manifestations of spirits, from the hitherto unseen world. I took it for granted at once that such communications were sure—beyond all doubt—folly to express a doubt. I felt almost afraid to surmise that it were possible to be true or false. In short, it was reduced to a certainty that the spirits existed, and that I, myself, should become a Medium forthwith.

"I thought about the subject all day. I dreamed about it all night. With all who would talk, I talked; and wondered that anybody should not feel enraptured, as I felt. Walking along, riding, sitting, reading,—spirits, spirits! I saw, nor thought of any thing than spirits. It may seem strange to the reader that I should have been so enthusiastic at an event that certainly was not demonstrated, and, by almost every one, very much doubted. But I was young; and, I was 'green,' you may add. Certainly, I was very credulous. Had no experience in the world, except with good men, consequently never knew the bad part of it. At all events I thought this—that the spirits, good or bad, could not get access to us without Divine permission, therefore, their communion with us was intended to accomplish

some good object. I never doubted that the spirits did not hold intercourse in the 'rapping' way.

"One night I retired to rest, after having eaten rather heartily, and felt as though I had rather gorged myself too much, for the good things were plenty and abundant around me. Calmly reposing under the shades of the night until about ten o'clock, I thought I heard a singular sound in the north corner of the room. It was as dark as any night I ever saw. To look in that direction with the view of seeing any thing was preposterous—to lay still and do nothing seemed to me to be equally so. It occurred for a moment that to hallo right out would be the only alternative, but then it looked rather silly to alarm a neighborhood unless there were some real apprehensions of murder, or thieves in the apartment. These were the only three courses I could take, and which were the best in my case of undue excitement the reader may judge. I thought, however, I could but lie still, as it was too dark for assassins to see the hiding corner I was in, and too well wrapped up to be seriously molested by the spirit tribe. Here I was determined to await my fate. The noise was such that it could not be disputed that something did it. It was an unearthly, singular noise. I had never heard such before in my life, and what made it most singular was that, - the time was midnight, the very hour when spirits come. I found that it was folly to quiet the rapping by saving nothing. I felt that no thief could be the perpetrator, for he would not have tantalized me a whole hour. I knew it was not a cat, for the noise was the same all the time -that at intervals. By-and-bye I aroused myself from the seeming lethargy I was in: I determined to speak—to say something !- I felt that thing was a spirit; sure-for how could it be anything else? I thought for a moment, now 'spirits will not talk unless you speak first.'-well, here it goes-hem!

" ' Who are you?'

" No reply.

" (Louder tone)—' Who are you?'

" No reply.

"'My dear deceased sister, is that you?'

"'Flip, flop! flip, flop!!!'

" 'Ah! it is you.'

" 'Flip, flop! flip, flop!!!'

- "'Well, what do you want?"
- "'Flip!
- " 'What will-'
- " 'Flip, flip!!'
- "'What will you ha-'
- "'Flop, flip! flip, flop!!'
- " 'Have ?'-
- "'Dear sister, communicate your wish to a distracted-'
- "'Flip, flop! flip, flop!!'
- "(The spirit treats me with contempt)—'Are you the spirit of grandfather?'
  - " No reply.
  - "'Are you the spirit of grandmother?'
- "(Taking courage.)—'What thundering spirit are you then? You are none of my acquaintance. Are you the evil one?'
  - "'Flip, flop! flip, flop!! flip, flop!!!'
  - "'I say, are you the evil one, -and what do you want here?'
  - \* \* \* \* \* \* \* \* \* \* "'Get thee behind me, Satan.'
  - "'Sp'l, d'l'ash, blup, blup, flip.'
  - "'What, under heaven, are you? A, B, C, D E-?'
  - " 'Flip.'
  - " 'A?'
- "'Ah, A is the letter. What next? B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S-?'
  - " 'Flop, -!!!'
- "'S is the letter, but then it rapped at S twice, that means double S, A,SS!—Pshaw! nonsense. You are one yourself. I say, I believe you are the evil one without any intelligence, so go away.'
- "At this time the sweat began to roll down the face in profusion, and there was left nothing more to do than to raise the alarm, for if it was the devil his eternal 'flip, flop,' would not cease by my request. While these thoughts were cogitating there was an incessant 'flipping and flapping,' which very plainly showed that nothing I had done had the least tendency to quell the disorder.
  - "'Flip, flop! flip, flop!"
  - "' Ting-ting-ting-ting!'
  - "'What? Five o'clock in the morning!!! By the stars-

it is five o'clock in the morning, and my head immersed in this blanket has kept out day-light this hour! Leaping out of bed—in rushed father and mother, one with the shovel, the other with the tongs, and Julia with the broom.

"'What on earth is the matter?' all cried out with one breath.

"Matter! enough is the matter. The "old boy" has been here last night, and, and frightened—'

"'Flip, flop!'

"'There! Hear him! He has been doing his wings that way all night, and for the life of me I thought I was gone more than once. What now! Didn't you hear the rapping yourself?'

"'Yes; but it is nothing more than a poor little mouse, half drowned in the wash basin, and there he is now, with

his head only out of the water!'

"Readers, it was the fact!—the Rochester Spirit and the evil one was nothing more than a drowning mouse!"

Moral—Avoid hearty suppers. Q. E. D.

# PREMIUM ON BABIES.

" To the Committees of Agricultural Associations.

"Gentlemen,—It is our good fortune to live in an age and country characterized by invention and improvement in the useful arts and sciences. Valuable premiums are annually awarded to those persons who have devised the best implements of husbandry, for developing the capacity of the soil for useful production. Companies have been formed and agents sent abroad to import into our country the best horses, cattle, &c., to mix with the stock of our country, and the laws of animal production and improvement have been closely studied by our sagacious farmers, to ascertain the best mode of perfecting the inferior animals which are subject to human control.

"As man stands at the head of the animal creation, and as he is equally with the inferior animals, subject to influences, which improve or deteriorate; to know what circumstances, regimen, habits, &c., are best calculated to improve man physically, becomes a matter of great importance. I say to improve man

physically, because there is a connexion so close, a sympathy so mutual, existing between the mind and body, that the capacity of the former for exertion, depends in a great degree upon the healthy condition of the latter, and hence if we would regard man as an intellectual being only, we perceive the importance of understanding those laws of the animal economy, by an observance of which, physical power is developed and health, preserved.

If these laws were generally understood and observed by the people of our country, the complaints of dyspepsia and nervous diseases, now so common, would be comparatively unknown; and the languid victims of disease, incapacitated for usefulness and enjoyment, would be far better enabled to fulfil the designs of Nature in their creation.

"But how can the mass of the people be informed in regard to these important matters? I answer that you have it in your power, to direct the minds of the people in this portion of our country, to the improvement of the human race.

"You award premiums to those, who exhibit at our annual fairs, the best horses, cows, and sheep: award premiums also to those parents, who will exhibit the finest children of a certain age. Understand me: by finest children, I do not mean the most intellectual or beautiful. The intrinsic difficulty of making such decisions, as well as impolicy of the thing, must be apparent to all. I do not mean the fattest, nor yet the largest. except so far as size is combined with the best form, to produce strength, action, and capacity for endurance. In regard to forming a correct judgment of the physical superiority of children, I apprehend that good judges of cattle, might not be good judges of children. Although it is not my purpose or province to furnish rules, by which children may be physically estimated, I will remark, that human beings should not have such an accumulation of a lipous tissue, as to interfere with the movement and strength of the individual. The muscles should not be too soft and yielding, but rather firm and resisting. The chest should be well developed, the lungs sufficiently capacious to aërate or arterialize the entire amount of venous blood in the system, in due time. The form and structure should be such, as before remarked, to combine strength with agility. The various parts of the system should be in due and

symmetrical proportion, the best fitted to resist disease, and the vital organs so constructed and sustained as to perform their functions easily and efficiently. The unobstructed and perfect performance of these functions, constitutes health; while a failure of these organs to perform their functions, constitutes disease.

"What a delectable sight it would be to see mothers, with the conscious pride of useful maternity, leading or carrying forward their rosy boys and girls, for exhibition.

"Some will smile, perhaps, in derision, at the idea of such an exhibition, but let me say that premiums given, for the finest children, (in the sense in which finest is here used) would induce many parents to investigate the laws of the animal economy, to learn what kinds of diet, how much exercise, and what character of exercise is necessary for a full development of man's physical power. Nay, more; mothers might thence learn, that health of children depends in a great degree upon the health of parents. Health of parents depends upon the observance of certain physiological laws, not generally understood, and of course but little observed. These laws ought to be generally known; but how can they be known unless the attention of the people is particularly directed to them?

"Pardon me, gentlemen, if you think I am dictating to your better judgment. I merely wish to call your attention to the subject of awarding premiums, for the finest children to be exhibited at our annual fairs, with a view to human improvement. I trust you will bestow that attention to the subject that its importance deserves."—Western Citizen, Paris, Ky.

" March 17th, 1854."

Our Proverbs.—Listen if you would learn. Be silent if you would be safe. Inquire about your neighbor before you travel. The first of wisdom is the fear of God. The world is carrion, and its followers dogs. Poverty without debt is independence. Long experience makes large wit. The sluggard becomes a stranger to God, and an acquaintance with Indigence. By six qualities may a fool be known: Anger without cause, speed without profit, change without motive, inquiry without an object, putting trust in a stranger, and wanting capacity to discriminate between a friend and a foe.

## IGNORANCE AND ILL HEALTH.

A lady correspondent, for weary months and years an invalid, writes in reference to a sentiment advanced in one of the Journals—that sickness is the result very generally of ignorance or inattention—says:

"I am willing to let it be, that my illness is the result of ignorance, but, I suppose, if the whole were known, it would be seen that some of my ailments are inherited. I was early taught that if I disobeyed the physical law, illness would be the result. My father was a physician, a regular graduate, but died while I was young, and in a few years I had a new one to care for me, consequently I did not have that kind of training which so nervous a child as I ought to have had; under more favorable circumstances I might have had better health.

"If I had my life to live over again, I should select such occupations as would be most conducive to health, even if it were all drudgery. Inclined to be ambitious, and not having the means to enable me to "take the world easy," I hurried on, by night and day, until I could do so no longer. We often think in youth, if we could accomplish a desired object, our happiness would be complete, but when attained we are not happy, and sigh for something else. The only thing I sigh for now is good health, and if ever I come into possession of so great a happiness, it will be highly prized."

Such, reader, is the experience of multitudes, learned at a time of life too late for remedy; have a care then that such may not be yours; let the promotion of your health be a prominent ingredient in every plan and every avocation, and you will feel thankful for the result to the latest hour of your life, for it bears a value far beyond that of glory or of gold.

## RAGE AND RUIN.

Some one has said, that every furious burst of passion shortens a man's life a year. If it only shortened his own life, the world would not be a great loser; but unfortunately, passionate people keep all around them in hot water; their very presence, without a word being said, generates an evil atmosphere, causing an

apprehensive uneasiness, which annihilates every gladsome feeling. "Mother," said a little child one day, "if I am a good little girl, will I go to heaven when I die?"

"Yes, my child; and all good people go there too."

"Mother, will grandfather go to heaven when he dies?"

"Yes, my dear, I hope he will."

"Well, mother, I don't want to go to heaven, grandfather is so cross."

The Editor confesses to a combined feeling, a half and half mixture of sadness and impatience, whenever he loses a "case." although it is said, that the "doctor's bill" is paid more cheerfully than any other, when divers items, "real, personal and mixed," thereby change owners. But absorbed in such a feeling as above described, it is rather up hill work to sustain a cheerful countenance at the evening reunion of wifey and children, and grandmother. Tidy as the tea table may be, brightly as the "Liverpool" burns in the grate, joyfully as little Bob flaps his hands and arms, as if they were a pair of wings, the moment "father" enters the door; still, there is the incubus of the "lost patient." Sadness, that human power is so limited; impatience, that physic had not had some unusual efficacy in this case. because there is always something to constitute a particular reason for the restoration of the case in hand; the only sister in a family of loving brothers, it may be; a father, on whose constant labors depends the support of a helpless young family; a son, the hope of a widowed mother, her only stay in life; a husband, far on in years, every child gone long before him, the only solace of her heart, with whom he had lived lovingly from the day they both pledged themselves to love, and "none other" for life, yet, old as he is, and carefully as he has to be watched over, she, whose attachment, scores of years have only deepened and purified, she too feels a special desire that he might be spared to travel with her a little further, towards the borders of the "promised land," else, if he passes away, who is there in the wild, rude world, to be interested in her welfare, to look to her interests, to sympathise in her sorrows, to shed one tear at her grave ?-not one! How terrible to be left alone, old, childless! When that hour comes to me, let it be my last.

But the memory of the "lost patient"—the impress it leaves on the countenance, even amid family joys, has a contaminating effect, and little Moll, our four year old, a perfect Mimosa, whose joyously beaming face will be saddened over in a second, by half a father's frown, sidles up to mother, and hiding her face in her lap, most earnestly inquires, "Mother, does thee think father loves us any?"

The Editor has been trying very hard for the last half hour to come to the point in an easy, gradual, graceful way—but "copy" is wanted—and he must close with the statement of a fact, which illustrates the point he has been aiming at, the influence it has on the health and happiness of all, especially in family circles, to strive after, and maintain an habitually cheerful quietude of deportment, at home and abroad, on the street, by the wayside; thus striving resolutely, bravely, against whatever odds, of a naturally hasty temper, so terrible an experience as the following may never fall to the lot of the reader.

A farmer, not long since, in Wanapace, Wisconsin, sold a yoke of oxen to an individual in the neighborhood, and received his pay in paper money. The man who purchased the oxen, being in a hurry to start off, requested the farmer to assist in yoking them up. He accordingly went to the yard with the man for that purpose, leaving the money lying on the table. On his return to the house, he found his little child had taken the money from the table, and was in the act of kindling the fire in the stove with it. From the impulse of the moment he hit the child a slap on the top of the head, so hard as to knock it over, and in the fall it struck its head against the stove with such force as to break its skull.

The mother, who was in the act of washing a small child in a tub of water, in an adjoining room, on hearing the fracas, dropped the child and ran to the room whence the noise proceeded, and was so much terrified at what she there beheld, that she forgot the little child in the tub for a time, and upon her return to the room found the little one drowned. The husband, after a few moments reviewing the scene before him, seeing two of his own children dead, without further reflection, took down his gun and blew his own brains out.

If you act with a view to praise only, you deserve none.

# INFLUENCE OF CHRISTIANITY ON MEDICAL SCIENCE.

(BY REV. JOHN CUMMING OF LONDON.)

EVER since Jesus suffered, wrought miracles, healed the sick, stilled the ocean, and showed his control over rebellious nature -by bringing it back again into order,-man has gained by degrees a greater mastery over all things, as if then humanity received a new impulse; and in proportion to his Christian light (I do not say Christianity is the cause, but it certainly is a coincidence.) has been his civilization; and, in proportion to that, the gradual authority which he seems to be regaining over that nature, the reins of which he lost in Paradise, but which Jesus has now partially, and will again completely put into his redeemed and sanctified hand. It is to me a most delightful experience, to see any one discovery in science or in art, which restores to man, however slightly, the mastery over created things. Is it not true that since Jesus healed the sick, there has been given a greater impulse to curative science than ever was felt before? Is not medicine, with all its defects, with all the obloquy cast upon it, because it cannot do everything, progressive? Is it not true, that some diseases, once thought incurable, are now almost extirpated? Small-pox is now, not only curable. but almost banished from our land. And was the discovery of this mode of cure simply chance? Will you say it was accident? I believe it to have been as much an inspiration of the God of providence as the bible is an inspiration of the God of grace. Is it not fact, that man's life is longer than it was? If you do not believe me, ask the Insurance Societies, and they will tell you it is so by some six years. It is much longer than this, if we remember, that the sickly and delicate infant which was lost before, while only the strong ones survived, is now spared, and, under the blessing of God, and by the appliance of art, grows up to manhood. Is not all this gain? Is it not progress in the direction in which the miracles of Jesus lav. and in the reversal of that curse which "brought death into the world, and all our woe?" Is it not also true, that operations once thought perfectly impossible, are now performed by our surgeons with safety and success? Is not that recent wonderful discovery, chloroform, one of the most providential blessings

nat God has given us? I look upon it as a most significant instalment of the reversal of the curse, stilling the groans and travail of the creature, an inspiration from God; and connected with the special curse pronounced upon Eve and her daughters, and read in the light of that curse, it is, to my mind, a beautiful earnest of what will be—a forelight of the approaching dawn—an augury of millennial days, when there shall be no more pain, nor tears, nor sorrow, nor crying.

## THE MILLENNIAL SABBATH!

It will be a day of lasting rest. When the night that is far spent is completely exhausted, and the day that shall be is fully come. then there shall be perfect rest. The earth shall have his sabbath, which it lost by our sin. Man shall have his, in its integrity, and purity, and beauty. God rested on the seventh day from all his work, and hallowed the sabbath, and blessed it. I believe there is not a beast in the field, nor a fish in the sea nor a fowl in the air, that has not a right to the sabbath, and that shall not yet have a sabbath of rest. There is not a laborer in the workshop, nor a toiling man in the post-office, nor a clerk in the counting-house, that may not claim the sabbath. Next to God's word, God's sabbath is the right and privilege of man. And when that last sabbath comes—the sabbath of all creation the heart, wearied with its tumultuous beatings, shall have rest: the soul, fevered with its anxieties, shall enjoy peace. The sun of that sabbath will never set, or veil his splendors in a cloud. The flowers that grow in his light will never fade. Our earthly sabbaths are but faint reflections of the heavenly sabbath, cast down upon the earth, dimmed by the transit of their rays from so great a height and so distant a world. fairest landscapes, or combinations of scenery, upon earth, are but the outskirts of the paradise of God, fore-earnests and intimations of that which lies beyond them; and the happiest sabbath-heart, whose every pulse is a sabbath-bell, hears but a very inadequate echo of the chimes and harmonies of that sabbath, that rest, where we "rest not day and night," in which the song is ever new, and yet ever sung.

Death from Eating Cloves.—Mr Amos Brown, an esteemed citizen of our village, says the *Granville Advocate*, died in convulsions, and a subsequent *post-mortem* examination showed conclusively that his death was caused by eating cloves, which he had been in the habit of using as a substitute for tobacco.

#### COUGHING IN CONSUMPTION.

A gentleman called upon us recently, who actually escaped from the fangs of consumption some years ago; and we are induced to present the circumstances.

"You speak of coughing continually. Let me suggest to you the query, whether this is not unnecessary and injurious? I have long been satisfied, from experience and observation, that much of the coughing, which precedes and attends consumption is voluntary. Several years ago, I boarded with a man who was in the incipient stages of consumption. I slept in a chamber over his bed-room, and was obliged to hear him cough continually and distressingly. I endured the annoyance, night after night, till it led me to reflect whether something could not be done to stop it. I watched the sound which the man made, and observed that he evidently made a voluntary effort to cough. After this I made several experiments on myself, and found that I could prevent myself from coughing, sneezing, gaping, &c., in case of the strongest propensity to these acts, by a strenuous effort of the will. Then I reflected that coughing must be very irritating and injurious to the delicate organs that are concerned in it, especially when they are in a diseased state. What can be worse for ulcered bronchia, or lungs, than the violent wrenching of a cough? It must be worse than speaking. A sore on any part of the body, if it is constantly kept open by violent usage, or made raw again by a contusion just when it is healing (and of course begins to itch) will grow worse, and end in death. Certainly, then, a sore on the lungs may be expected to terminate fatally, if it is constantly irritated, and never suffered to heal; and this, it seems to me, is just what coughing does for it. On the strength of such considerations as these, I made bold to ask the man if he could not stop coughing. He answered, no. I told him what I thought about it, as above. He agreed to make a trial; and on doing so, he found to his surprise that he could suppress his cough almost entirely. The power of the will over it increased as he exercised it, and in a few days he was mostly rid of the disposition to cough. His health, at the same time, evidently improved, and when I last saw him. he was in strong hopes of getting out of death's hands."

This occurred eighteen years ago, and the man comes round now, an active business man, averring that he has not had a sick day since.—Exchange Paper.

#### COFFEE AND TEA.

In the January number, the moderate use of coffee and tea was advocated as healthful at regular meals, more so to invalids than cold water. In Blackwood's Magazine, for the same month. is an interesting paper, from which we learn that black and green tea are prepared from the same species of plant; the difference in color and in effects are produced by the modes of handling. For green tea, the leaves are roasted almost immediately after they are gathered. They are dried off quickly after the rolling process. For black tea they are allowed to be spread out in the air for some time after they are gathered. They are then further tossed about till they become soft and flaccid. They are now roasted for a few minutes and rolled, after which they are exposed to the air for some hours in a soft and moist state. Lastly, they are dried slowly over charcoal fires. The colored green teas are made by mixing Prussian blue and gypsum, and reducing them to a fine powder, which is applied to the teas during the process of wasting. The Chinese never drink these teas, and are much amused with the idea that the "outside barbarians" should prefer them to those of a natural green The best coffee grows on the driest soils. Yet the worst coffee, if kept ten or fourteen years, will acquire the flavor of the finest Mocha. The principal art in preparing coffee lies in roasting: for in this process it is that its peculiar aroma is produced. heat should never be greater than is sufficient to impart to the berry a light brown color; for if carried beyond this point a disagreeable secondary smell mingles with the aroma. By the fashionable process of drinking coffee, that is, without the grounds, a good deal of nutritious matter is wasted, Many of the Oriental nations drink the grounds invariably. Not less than a hundred millions of the human race drink coffee, it is computed, as a daily beverage. In France, Germany, Sweden, Turkey, and a large portion of the United States, it is used by almost every body, just as tea is in England, Holland, Russia, and China. Experience, says the writer in Blackwood, teaches

people that tea and coffee, used moderately, prevent the waste of the tissues, afford positive happiness, and increase the nervous activity, enabling men, as the writer in question, forcibly remarks, to throw more blood and spirit in the face of difficulties.

#### CARELESSNESS.

If you want to travel through the world in a quiet, contented way, don't get careless in any respect. Man, in every phase of life, is particularly given to carelessness. If he is on the high road to wealth and station, he becomes careless of those who perhaps were the very means of his good fortune. On the other hand, if he is unfortunate in business he loses his self-respect, and rushes to the dram shop or gaming table.

Whatever position a man finds himself placed in, whether by accident, fortunate speculation, or persevering industry, he should always retain that command over himself that will entitle him to the good will of old as well as new friends. If a man rises from comparative obscurity to some degree of eminence of any kind, and with no intention to offend, but carelessly notices an old friend if he meet him, he is very likely to get the ill-will of his more humble but old associate. The first time this careless recognition is noticed it produces a bad effect, and the next dislike, and finally hatred and contempt. We have known some of the very best friends in the world completely estranged by a wrong interpretation of acts towards each other.

It is a common belief that as a man advances in the world he is desirous of cutting those who do not gain so rapidly as himself. This is an error, no doubt, in many instances, and the remedy is one of the easiest things in the world. A little of the starch out of the one, and the slightest liberal feeling on the other, will be found to be a true panacea for nine-tenths of the imaginary shys which lead to the entire separation of old friends, and even goes so far sometimes as to produce bad feelings among relatives.

We shall end this brief article on carelessness by repeating the advice with which we begun. If you want to travel through the world in a quiet contented way, don't get careless in any respect. Be free with your friends as though no change affected your condition in life, let that condition have changed ever so much, be it for better or worse.—Yonkers Herald.

### KINDNESS THE BEST PUNISHMENT.

A Quaker of most exemplary character, having been disturbed one night by footsteps around his dwelling, rose from his bed, and cautiously opened a back door to reconnoitre. Close by was an outhouse, and under it a cellar, near a window of which was a man busily engaged in receiving the contents of his pork barrel from another within the cellar. The old man approached, and the man outside fled. He stepped up to the cellar window and received the pieces of pork from the thief within. who, after a little while, asked his supposed accomplice, in a whisper, "Shall we take it all?" The owner of the pork said softly, "Yes, take it all;" and the thief industriously handed up the balance through the window, and then came up himself. Imagine his consternation, when, instead of greeting his companion in crime, he was confronted by the Quaker. Both were astonished; for the thief proved to be a near neighbor, of whom none would have suspected such conduct. He pleaded for mercy, begged him not to expose him, spoke of the necessities of poverty, and promised faithfully never to steal again. thou hadst asked me for the meat," said the old man, "it would have been given thee. I pity thy poverty, and thy weakness, and esteem thy family. Thou art forgiven." The thief was greatly rejoiced, and was about to depart, when the old man said, "Take the pork, neighbor." "No, no," said the thief, "I don't want the pork." "Thy necessity was so great that it led thee to steal. One-half of the pork thou must take with thee." The thief insisted that he could never eat a morsel of it. The thoughts of the crime would make it choke him. He begged the privilege of letting it alone. But the old man was inflexible. and, furnishing the man with a bag, had half the pork put therein, and laying it upon his back, sent him home with it. He met his neighbor daily for many years afterwards, and their families visited together, but the matter was kept secret; and though in after years the circumstance was mentioned, the name of the delinquent was never made known. The punishment was severe and effectual. It was probably his first-it was certainly his last attempt to steal. Had the man been arraigned before a court of justice, and imprisoned for the petty theft,

how different might have been the result! His family disgraced, their peace destroyed, the man's character ruined, and his spirit broken. Revenge, not penitence, would have swayed his heart. The scorn of the world would have blackened his future, and in all probability he would have commenced a course of crime at which, when the first offence was committed, his soul would have shuddered. And what would the owner of the pork have gained? Absolutely nothing. Kindness was the best punishment, for it saved while it punished.

Grass in Rum.—An old fellow in Missouri, who was in the habit of "not belonging to the Temperance Society," was in the act of taking a nip one day before a young Virginian.

"What do you drink?" asked the latter.

"Brandy and water," was the reply.

"Why don't you drink mint juleps?"

"Mint juleps?" queried the old man, "why, what in the name of drink is that?"

"A most delicious drink," was the answer; "and I'll show you how to make it, as I see you have mint growing almost at your door."

The young fellow soon produced the juleps, and the old man was delighted with it.

About a month after, on his return home, the Virginian thought he would stop at his old friend's and "indulge," but judge of his surprise when his inquiries at the door for his friend was answered by an aged female darkey, with:

"Oh, Massa's dead and gone dis two weeks!"

"Dead!" exclaimed the young man, "why, how strange! What did he die of?"

"Oh, I d'no," returned the woman, "only a fellow come along about a monf ago and larnt him to drink grass in he rum, and it killed him in two weeks."

Love that has nothing but beauty to keep it in good health, is short-lived, and apt to have ague fits.

The parent who would train up a child in the way he should go, must go in the way he would train up his child





## HALL'S JOURNAL OF HEALTH.

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## ANNUAL AILMENTS.

Some persons are sick once a year. In some cases, the regularity is such, that on the very same day of each returning year. their "old enemy" makes his unwelcome appearance. ailments are various; with some, it is an attack of sick headache; others have an entire loss of appetite; a third person has some kind of an eruption. Regular annual returns of "biliousness" are very common; a sore leg, a chronic head-ache, or bleeding from the nose or lungs, afflict others. One man has a yearly "sneezing spell," another a most uncomfortable watering of the eves or nose, while the great mass of people have "THE Spring Fever." which was a familiar by-word in our schoolboy days, and was a covert way of telling one that he was lazy: for while there was no decided sickness, no special ailment, yet there was such a vis inertia, such a power of doing nothing, that an epithet of some kind was needed. On the approach of warm weather, in the month of April, and more decidedly so in May, we are all sensible of a want of usual vigor; an indefinable languor pervades the whole man, mind and body; when we sit down, we feel like staying there; it is really an effort to undertake anything; we drag ourselves along to necessary work; and as for getting up in the morning, we are never ready to do We wake soon enough, especially when there is some little yearling to crawl over and manipulate the nose, or explore the eye with a straight finger suddenly converted into a hook, and then drawn out with infinite glee; no gesture, or growl, or impatient turning over, frightens away the little fisherman; in fact he rather likes it; it is real fun to him: then incontinently he makes a grab at Proboscis with his soft, warm, tiny hand, and misses it just enough to let two or three sharp finger-nails "make their mark" for an inch or so in parallel lines; at length

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the corner of one unwilling eye is opened with the express purpose of seeing in what direction you must send your frown, when you find two of the sweetest little peepers playing upon you so confiding, so loving, so twinkling with gleesomeness, that, pressing the tiny tormentor to your bosom, you smother him with kisses, and are fairly waked up. This is the sweetest alarm-clock in all nature, and the most effectual. As regular as the dawn, too, while it practises—a perseverance worthy of a better cause—than breaking up a summer morning's nap.

We began this journal with the fixed purpose, at least, until we changed our notion, never to admit to its pages a single medicinal recipe. But, inasmuch as there is such a large class of persons who "can't wake up" early in the morning, we are tempted by the hope of accomplishing a great good, to give the following formula:—

#### AN INFALLIBLE PREVENTIVE OF LATE SLEEPING.

Take a year old baby—your own is the best—place it in your bed every evening at sixty-one minutes after sun-down, precisely, and retire regularly yourself four hours after.

This is immeasurely superior to any alarm-clock ever constructed, for the clock has no second, if the first fails, while the baby keeps on alarming, until the waking-up is perfect and complete, and a relapse for that day is impossible.

Perhaps the reader may remember that we were speaking of the "Spring Fever," that universal lassitude which makes us mere automata at the departure of cold weather. But this is not the only symptom; the appetite begins to flag, our meals come before we are ready for them, and we sit down to them unwillingly; if we enjoy the bliss of boarding, we begin to complain of the landlady, or lord, as the case may be, and grumble threats of making a change; that the table is not as good as it used to be, and the old saw about "new brooms," and their performances, refreshes our memories; at length, things begin to take a serious turn; our clothing does not fit, it hangs like a bag: and to quench uncertainty we get on one of Fairbanks best. and find that we have lost in two months about "seven per cent." and pronouncing it a "ruinous rate," we promptly resolve, and with a good deal of determination, too, that we must "do something." In this case, the first resolutions are the best, but as we

think it over, we come to the conclusion that it would be better to take something, and as the calling in of a physician endangers our largest liberty, and he might impose restrictions which might not be agreeable, we resolve upon a patent medicine, and if not sooner advised, or, if having no choice ourselves, we are at a loss to determine what is best, we very wisely go to a druggist and ask him if he has not something that will do us good; of course he has, having at least half a dollar clear interest in every bottle he sells; or it may be, we see an advertisement in one of the papers, reading like the following:—

"CERTIFICATE"-A MODEL OF ITS KIND.

Dear Doctor:

I will be one hundred and seventy-five years old next October. For ninety-four years I have been an invalid, unable to move except when stirred with a lever; but a year ago last Thursday, I heard of the Granicular Syrup. I bought a bottle, smelt of the cork, and found myself a new man. I can now run twelve and a-half miles an hour, and throw nineteen double somersets without stopping.

P. S.—A little of your Alicumstoutum Salve applied to a wooden leg, reduced a compound fracture in nineteen minutes, and is now covering the limb with a fresh cuticle of white gum pine bark.

We go at once to the "Patent Medicine Depot," and ask the shopman if the "Granicular" and "Alicumstoutum" are really good, he assures us that according to his best interest and belief. they have cured persons "a great deal worse off" than we are; so to make assurance doubly sure, we purchase a bottle of each, and take a dose of both thrice a day, on the principle that if one medicine cures everything, two medicines will cure all, and more too, and we will not only get well of our present ailments, but all that are to come. Thus it is, the patent medicine men live in up-town palaces, have their beautiful villas on the banks of the Hudson, build splendid stores on Broadway, and drive in unexceptionable equipages; and to make all these go in the same direction as their physic, they head subscription lists, especially the published ones, with their hundreds and their thousandsmeanwhile we, their victims, go down to our graves, unsuspecting why or how.

This brings us to our second reminder of "Spring Fever," or rather its termination. We will now take the back track, and discourse of its cause, its cure, and its prevention. Reader! it will save you many a sorrow, many a dollar, and may-be, many a day of glorious life, if you will take heed to our utterance.

We eat about one-third more in winter than in summer, because we not only have to repair the wear and waste of the system, but we eat to keep the body warm, a portion of the food is converted into fuel; we must keep a bodily warmth of ninety or a hundred degrees winter and summer, but it is easy to understand, that, as the thermometer is at forty in winter and eighty in summer, less fuel is required to sustain the natural temperature in warm weather; yet, if in defiance of this, we pile on the fuel; a wreck and ruin is as inevitable as the blowing up of a steam engine, if double the necessary quantity of steam is constantly generated.

For a while after the opening of spring, we have the appetite of winter, and not using our knowledge, we indulge it as extensively; and thus generating more heat than is needed, we soon begin to think "we are feverish," in other words, we are too warm, but instead of making less fire, we begin to tear down the walls of our bodily-house, by taking off our winter clothing, and thus add another cause of disease and death. In a short time, however, nature comes to our aid, and to save us, takes away our appetite; but we, taking this as an evidence of declining health, decide upon one of two things: either to eat without an appetite—which is expressively denominated as "forcing it down"-or we decide upon taking a tonic, forgetting that nature can neither be forced nor coaxed with impunity. The effect of eating without an appetite, or forcing an appetite by the use of tonics, is the same, that is, the introduction of more food into the stomach than nature requires, than there is juices to digest it; for, although you may take a tonic which whets the appetite, it does no more; it does not increase the amount of gastric juice, for nature supplies it only in proportion to the needs of the system, and if she gave as much when twenty degrees of heat were required as when sixty were necessary, she would commit a great blunder—this she never does, when unmolested. Then we have more food in the stomach than there are gastric juice for; more wheat than there are mills to grind it, more work

than there are workmen to perform. But nature has not "a lazy bone in her," but goes to work to do the best she can; the food is digested, but not thoroughly; it is ground up, but not perfectly; the work is done, but it is badly done; hence an imperfect material for making blood is furnished; and an impure blood, an imperfect blood, is inevitable. Do not many of us recollect the old time custom of taking "sassafras" tea in spring, or some other favorite remedy, with the expressed intention of "purifying the blood?" It is a habit with multitudes to use some kind of medicine in the spring of the year, and beyond all question with present good effect, as they all act in one way essentially, and that is, to remove the surplus from the system. It all amounts to this: we eat in the spring more than we can dispose of, and then take medicine to get rid of it, and all for the transient pleasure enjoyed for the few minutes of each day that it is passing down the throat. But some are "principled," as they term it, against taking physic; but they are not "principled" against the greater harm of eating against the appetite, for by taking the physic they would be consuming something which might destroy others; whereas, by eating a meal without an appetite, they consume—and that to their own injury—that which would save many a famishing creature, man or beast, from starvation. None can read without disgust of a Roman Ruler. who would eat to his full, then take an emetic, that he might eat again, or be saved from the effects of a gorge. Even this person acted more wisely than does he who eats without an appetite. and allows it to remain in him to vitiate the blood and finally destroy the body, but in the slow process of destruction, affording time to transmit to the innocent unborn, a vitiated constitution, to afflict and plague for untold years to come. If the man could but die in the act, as it were, the world would be left the better, for there would be more left to be eaten by the more worthy, and he would not leave his slimy trail behind him, in the person of a child. If he is said to be a real benefactor to his race who makes two blades of grass grow where but one grew before, what ought he to be thought of, who absolutely destroys food each day by forcing it down, which it would take a million blades of grass to reproduce? Reader! do you plead guilty to having eaten without an appetite, to having "forced it down?"

then do it no more, for it is a sin against yourself, against nature, and against all human kind.

We are all familiar with the prevalence of bowel-complaints of all kinds, in the spring of the year, and of their fatal nature, sometimes spreading from house to house, from family to family, from neighborhood to neighborhood, like some infectious or contagious disease, and often, but most erroneously, attributed to the use of fruits, berries, and the like; the cause is one and universal: it is over eating, with its legitimate results, sour stomach, wind, loose bowels, debility, diarrhæa, dysentery, and death. Thus it is, that the more sudden the coming on of spring weather, and the hotter it is, the more sickness there will be, while in the fall of the year, as the weather gets colder, and however suddenly, we begin at once to gain in appetite, in vigor, in flesh and health.

The remedy for spring diseases, by whatever name, is EAT LESS. We do not mean that you shall starve yourself, or that you shall deny yourself whatever you like best, for as a general rule, what you like best, is best for you; you need not abandon the use of tea, or coffee, or meat, or anything else you like, but simply eat less of them. Eat all you did in winter, if you like, but take less in amount. Do not starve yourself, do not reduce the quantity of food to an amount which would scarcely "keep a chicken alive," but make a beginning, by not going to the table at all, unless you feel hungry; for if you once get there, you will begin to taste this and that and the other, by virtue of vinegar, or mustard, or syrup, or cake, or "something nice;" thus a fictitious appetite is waked up, and before you know it, you have eaten a hearty meal, to your own surprise, and perhaps that, or something else, of those at table with you.

The second step towards the effectual prevention of all spring diseases, summer-complaints, and the like, is: diminish the amount of food consumed at each meal by one-fourth of each article, and to be practical, it is necessary to be specific; if you have taken two cups of coffee, or tea, at a meal, take a cup and a-half; if you have taken two biscuits, or slices of bread, take one and a-half; if you have taken two spoonfuls of rice, or hominy, or cracked wheat, or grits, or farina, take one and a-half; if you have taken a certain, or uncertain quantity of meat, diminish it by a quarter, and

keep on diminishing in proportion as the weather becomes warmer, until you arrive at the points of safety and health, and they are two:—

- 1. Until you have no one unpleasant feeling of any kind after your meals.
- 2. Until you have not eaten so much at one meal, but that when the next comes, you shall feel decidedly hungry.

If these suggestions are attended to in any community, in any spring, the physician in that locality will "book" but twenty-five cents in the dollar. Think, for a moment, how beautiful, and wise, and kind, is nature's mode of procedure in such cases. You may "force" your food for a-while, but at length she goads you on until you loathe its very smell or sight, or even mention. And when some mistaken mother, or sister, or aunt, or granny, prepares you "something nice," and before you are aware of it places it right under your nose, with the assurance that you must take something to keep up your strength, you can only smother your impatience, or hold in your imprecations of left-handed blessings, at the expense of the most heroic efforts. For days and weeks you do nothing but "sit around;" you eat nothing, you loaf and lounge about, more dead than alive, with a countenance nineteen yards long, and so unfeignedly solemn to behold, as to excite the commiseration of the kind-hearted, or the cachination of the healthy.

Supplies being thus effectually cut off, that is, the cause being first removed, nature next proceeds to work off the surplus, as the engineer does unwanted steam; and as soon as this surplus is got rid of, we begin to improve; the appetite, the strength, the health return by slow and safe degrees, and we at length declare we are "as well as ever."

Now, if instead of eating against nature, we would do at once what nature will enevitably compel us to do, sooner or later, that is, lessen supplies, at the very first and faintest intimation of approaching ill, we would, if done under the counsel of a regular physician, not lose an hour from our daily avocations, and would be as well as ever at the end of a week, instead of at the end of months, and save, too, all the months of suffering, and making them, as to pleasure or business, the blanks of our existence.

But the uninformed and the poor are "not able to lose time,"

they must work for their daily bread, and the day they cease their toil, has no bread for wife and children at its close; thus it is that many an honest poor man, and many a widowed mother. strive to weather it out, day after day, eating without an appetite, in the mistaken notion that it keeps up their strength, until the system becomes so impregnated with disease, that at last they reluctantly "give up," they find "it's no use;" take to their bed. and but too often, not until all the restorative energies of nature are gone, and never leave until they make it in the grave. It is this vain, this unwise struggle against nature, this doing more than they are able, which places many an industrious wife and mother in an early grave; the almost universal excuse is, they "can't help it," there is "so much to be done." But if they die, isn't it helped then? with your children left to grow up in neglect, or to be brutalized over by some unprincipled, or selfish, or unfeeling, or artful successor? Mother! look on your little ones, and think of this the next time you commit the sin of doing more than you are really able, against the remonstrance of your husband, your mother, your physician, and your own judgment.

According to my observation, there is not much danger of a man's overdoing himself. The first thing the lord of creation does when he gets "out of kelter" is to go to his wife to be "fussed over." A half-and-half sick man is the veriest "conanny" in existence. Reader, do you know what that is? It is the synonym of "poor shoat," in the west; perhaps a clearer idea may be given by the word "calf." A half-and-half sick man is a calf, for he makes a great a-do about nothing; he whines, and complains and grumbles, and makes you think he is very sick, and for a long time he refuses to take anything; at length, by dint of persuasion, he agrees to take what you propose, and when you bring it to him, he is out of the notion, and says he can't, and thus he lounges about the house for days together, whereas his wife, if nothing more had been the matter with her, would have worked it off, and said nothing about it.

There is a gentleman named Standard, now living, at the age of 88, who distinctly remembers hearing the first volley fired in the Revolutionary war, at Lexington, on the 19th of April, 1775. He was then 9 years old.

#### THE HOURS MOST FATAL TO LIFE.

WE have ascertained the hours of death in 2,880 instances of all ages, and have arrived at interesting conclusions. We may remark that the population from which the data are derived is a mixed population in every respect, and that the deaths occurred during a period of several years. If the deaths of 2.880 persons had occurred indifferently at any hour during the twentyfour years, 120 would have occurred at each hour. But this was by no means the case. There were two hours in which the proportion was remarkably below this, two minama in fact—namely. from midnight to 1 o'clock, when the deaths were 83 per cent below the average, and from noon till 1 o'clock, when they were 20 3-4 per cent below. From 3 to 6 o'clock, A. M., inclusive, and from 3 to 7 o'clock, P. M., there is a gradual increase, in the former of 23 1-2 per cent above the average; in the latter of 5 1-2 per cent. The maximum of death is from 5 till 6 o'clock. A. M., when it is 40 per cent above the average; the next, during the hour before midnight, when it is 25 per cent in excess; a third hour of excess is that from 9 till 10 o'clock, in the morning, being 17 1-2 per cent above. From 10 A. M., to 3 P. M., the deaths are less numerous, being 16 1-2 per cent below the average, the hour before noon being the most fatal. From 3 o'clock, P. M., to 7. P. M., the deaths rise to 5 1-2 per cent above the average, and then fall from that hour to 11, P. M., averaging 6 1-2 per cent below the mean. During the hours from 9 till 11 in the evening there is a minimum of 6 1-2 per cent below the average, Thus the least mortality is during the mid-day hours-namely, from 10 to 3 o'clock; the greatest during early morning hours, from 3 to 6 o'clock. About onethird of the total deaths were children under five years of age, and they show the influence of the latter still more strikingly. At all hours, from 10 o'clock in the morning until midnight, the deaths are at or below the mean; the hours from 10 to 11, A. M., from 4 to 5, P. M., and from 9 to 10, P. M., being minima, but the hour after midnight being the lowest maximum; at all the hours from 2 to 10, A. M., the deaths are above the mean, attaining their maximum at from 5 to 6, A. M., when it is 45. 1-2 per cent above.-London Quarterly Review.

## THE BATTLE AND THE BURTHENS OF LIFE.

It is an admitted fact that less than one half of the human family have to toil like galley-slaves to support "the rest of mankind" in idleness. Every State is burthened with its almshouses; and every family with its hangers-on, whose only function is to eat what others earn—to consume what others produce. They are either too weak, or too proud, or too lazy to labor; and consequently these miserable drones must be supported by the industrious bees who supply all the honey for the human hive.

It is a pity that the stern justice of that good old Bible ordinance: "He that will not work, neither shall he eat," were not more rigorously applied to that innumerable army of Do-No-THINGS, who, like the frogs of Egypt, infest all the avenues of civilized society. The man who consumes more than he earns is guilty of robbery. He who hangs a mere clog upon the social state, has no legitimate right to the food he swallows, or to the clothes he wears. Every dollar he spends is a fraud upon his toiling neighbor; and the sooner he vanishes from existence, and gives place to a man with work in him, the better will it be for the town, village or hamlet which his good-for-nothing body encumbers. The idea that a portion of humanity is made of porcelain, and not of common clay-for ornament and not for use, may do for the creed of dandies, who saunter through life, basking in the social sunshine which they have never helped to create; but it must be scouted by all honest men who get their bread by the sweat of their brows, and by lives of honorable toil fulfil the fiat of their Creator.

In this city of half a million of human beings, how large a portion dawdle away existence in idleness and sloth; or contrive by trading, shaving, gambling, and stealing, to fill their mouths and their pockets with the fruits of other men's labors! To eat, sleep, and show themselves; and to jolt their jaded sensibilities into some faint semblance of pleasurable emotions is the grand problem of a great majority of those who count in the census, but who form no part of the element that "constitutes a State;" while the toiling few are struggling in fields, in marts, in workshops, and on 'change, to produce the wherewithal to satisfy the appetites and the ambitions of the lazy, loafing masses.

And is there no relief from this insupportable burden? Will society always compel one willing worker to supply the mouths of half a dozen idlers? Shall one sturdy fellow always sweat at the oar, rowing a whole boat-load of indolent passengers across the ferry of Life? Must one poor man always turn the wheel that keeps the social machinery in motion?—No, not when a proper estimate is bestowed upon the dignity of labor—when a just reprobation is visited upon the infamy—the crime of idleness. When society shall take off its hat, and make obeisance to the swart workers who feed and clothe it, and point with the finger of scorn at the effeminate drones who consume it, then toil will be justly honored; while idleness, pauperism, beggary, and crime, in al! their forms, will be crowded into the limbos of outer darkness where they belong.—New York Mirror.

### POISONOUS VISITING CARDS.

Few ladies remember that they carry around poison in their card cases. But it is so, and sometimes to the danger of children or thoughtless people of larger growth. The elegant and highly polished enamel on visiting cards is composed, in part, of poisonous mineral substances, and if eaten would produce serious sickness. The manufacture of this card paper is said to be exceedingly unhealthy, and we may well believe it. It would be. therefore, a kind thing to the workmen engaged in the manufacture of cards, and a safe thing for themselves and their children, if the ladies, who set the fashion to these things, would give up the use of enameled cards, and confine themselves to those of plain surface. These, we understand, are now decidedly the most fashionable, from what cause we know not, but the plain, brownish cards are considered the most stylish. It is gratifying to see fashions turned in the channels of common sense, of health and humanity, even though in a small matter. We hope that the knowledge of the dangerous character of these cards will not lead to their restoration to the feminine favor and to fashion, which is a very fickle thing; we mean, of course, the fashion, not the fair. - Providence Journal.

## STRANGE SUPERSTITION.

THE Norwich (Conn.) Courier relates a strange and almost incredible tale of superstition recently enacted at Jewett City, in that vicinity. About six years ago, Horace Ray, of Griswold, died of consumption. Since that time, two of his children, grown up people, have died of the same disease, the last one dying some two years since. Not long ago the same fatal disease seized upon another son, whereupon it was determined to exhume the bodies of the two brothers already dead, and burn them, because the dead were supposed to feed upon the living; and so long as the dead body in the grave remained in a state of decomposition. either wholly or in part, the surviving members of the family must continue to furnish the sustenance on which that dead body fed. Acting under the influence of this strange and blind superstition, the family and friends of the deceased proceeded to the burial ground at Jewett City on the 8th inst., dug up the bodies of the deceased brothers, and burned them on the spot. It seems impossible to believe that such dark ignorance and folly could exist in the middle of the nineteenth century, and in a state calling itself enlightened and Christian.—Boston Courier.

## LAYING CARPETS.

Perhaps eight out of every ten of our readers have experienced the annoyance of laying down carpets; have felt the rush of blood to the head—the straining of the nether garments—the unpleasant rapping of the tops of fingers instead of the tops of the tacks, which that employment is heir to. The foreign correspondent of the Newark Advertiser, writing from Florence, suggests the basis of a reform which all housekeepers will appreciate and desire. "Here," he says, "iron rings are fastened in the floors when the carpets are laid, and they have hooks in the binding, for which these rings are eyes, so that there is no taking out and nailing in of tacks, and carpets are raised and laid as noiselessly and easy as bed covers." There are a good many people about this time, we imagine, who will approve of the hook and eye system for carpets, and the abolition of the tack-hammers and bruised fingers.—Troy Whig.

## A DOUBTFUL WITNESS.

Professional engagements required the writer's presence in a circuit court which was then in session in one of the villages of a midland county of the "Empire State;" and during the term an incident occurred, which may be interesting, if not useful to those legal gentlemen who are partial to the study of the "laws of evidence." The case tried was one in which a question arose as to personal property, claimed to have been sold some time previously under an execution, and the plaintiff in the case called a witness to establish the fact of the sale. The following "evidence" was elicited on the cross-examination of the witness:—

Question by Counsel. "Sir, you say you attended the sale on the execution spoken of. Did you keep the minutes of that sale?"

Witness. "Don't know, sir, but I did; don't recollect whether I kept the minutes, or the sheriff, or nobody, I think it was one of us."

Counsel. "Well, sir, will you tell me what articles were sold at the execution?"

[Here the witness hesitated, not willing to commit himself by going into particulars, until the patience of the counsel became exhausted, and he pressed a special interrogatory.]

Counsei. "Diz you on that occasion sell a threshing-ma-

Witness. "Yes, I think we did."

Counsel. "I wish you to be positive. Are you sure of it?"

Witness. "Can't say I am sure of it; and when I come to think of it, I don't know as we did; think we didn't."

Counsel. "Will you swear, then, that you did not sell one?"
Witness. "No, sir; don't think I would; for I can't say
whether we did or didn't."

Counsel "Did you sell a horse-power?"

Witness. "Horse-power?"

Counsel. "Yes, horse-power?"

Witness. "Horse-power! Well, it seems to me we did. And it seems to me we didn't. I don't know as I can recollect whether I remember there was any horse-power there; and if there wasn't any there, I can't say whether we sold it or not, but

I don't think we did; though it may be, perhaps, that we did, after all. It's some time ago, and I don't like to say certainly."

Counsel. "Well, perhaps you can tell me this; did you sell a fanning-mill?"

Witness. "Yes, ir, we sold a fanning-mill. I guess I am sure of that."

Counsel. "Well, you swear to that, do you?—that one thing, though I don't see it on the list."

Witness. "Why, I may be mistaken about it; perhaps I am. It may be it was somebody else's fanning-mill at some other time; not sure."

Counsel, (to the Court.) "I should like to know, may it please the Court, what this witness does know, and what he is sure of."

Witness, (to Counsel.) "Well, sir, I know one thing that I'm sure of; and that is, that on that sale we sold either a threshing-machine, or a horse-power, or a fanning-mill, or one, or all, or neither of them, but don't know which!"

DEGENERACY OF THE FIRST FAMILIES OF VIRGINIA.—A Rev. Charles Brookes submitted a paper to the American Statistical Association upon the effect of intermarriage between blood relations. In the course of it he stated "some of the 'first families' of Virginia have degenerated to a painful extent, on account of the repeated intermarriages of the members, in their attempts to keep the property in the family. Some of the 'best blood' has thus so degenerated, that those who now represent it are dwarfs in more than a single sense."

A Mr. Edmonson, in McCraken County, Ky., last week, on setting down to breakfast, discovered the biscuit on the table of an unusual color; he called his cook and required her to eat one of them, which she did very reluctantly, and died in fifteen minutes afterwards from the effects of the poison she intended for her master and mistress.

CLERGYMEN IN PENNSYLVANIA.—The census of 1850, shows that in Pennsylvania there is one clergyman to every 850; one lawyer to every 924; and one physician to every 528 inhabitants.

How to BE A MAN.—When Carlysle was asked by a young person to point out what course of reading he thought best to make him a man, replied, in his characteristic manner. The letter is too long-we quote only the concluding paragraph :-"In conclusion, I will remind you that it is, not books alone, or by books chiefly, does a man become in all points a man. Study to do faithfully whatsoever thing in your actual situation, then and how, you find either expressly or tacitly laid down to vour charge—that is your post—stand in it like a true soldier. Silently devour the many chagrins of it, as all situations have many, and see you aim not to quit it without doing all that it at least required of you. A man perfects himself by work much more than by reading. There are a growing kind of men that can wisely combine the two things-wisely, valiantly, can do what is laid to their hand in the present sphere, and prepare themselves withal for doing other wider things, if such lie before them."—Carlisle.

EVER YOUTHFUL PALMERSTON.—Unlike almost any other man in the world he doesn't get fat, and he doesn't get thin; he doesn't stoop; he doesn't totter; he doesn't use a stick, nor a wig, nor a list shoe, nor a top-coat; nor does he look as if he ever could, would, or should do anything of the kind. See him in what weather you will, you always find him in the same temperature, always equable, always serene, yet always genial. Hail, rain, or snow, out of doors, it is always sunshine with him. In the dog-days or in December, other men come into the House either panting like so many semi-calcined sugar-bakers, or shivering like recently submerged skaters dragged out of the Serpentine by the barbarians of the Humane Society. But be 'he thermometer at 99° of Fahrenheit or 0½ of Reaumer, Palmerston is corporeally never either hot or cold, and mentally his medium is seemingly ever the same. Not like the smooth reserve, the decorous self-possession of Gladstone or of Sydney Herbert, which, if it never ruffles, yet never animates. At ease with himself he puts every one around him at ease too .- Liverpool Albion.

DEAFNESS.—The Perthshire Advertiser reports a recently discovered mode of conversing with those afflicted with partia deafness, viz., by taking the individual by the hand, at the same

time placing the two thumbs together. By this simple process, the sound is conveyed in a more direct manner to the ear, and the person spoken to will hear distinctly in a tone of voice several notes lower. It is also important to add, that a chain could be formed upon the same principle, by a number joining hands in the manner alluded to, when the individual affected will hear in a moderate key at either end of the chain.

Peruvian Bathing.—I took a stroll along the beach, and was much amused at witnessing the singular mode adopted by the ladies for the enjoyment of a water excursion. The bathingmen are Indians, very stout and robust; who, being divested of every species of covering except a pair of drawers, take to the water, each carrying a lady upon his shoulders. The men strike out to swim, and do so without inconveniencing the ladies, who float horizontally on the surface of the water. In this way they are carried a mile or more, and appear to enjoy this novel mode of locomotion extremely.—Bonelli's Travels in Bolivia.

Sewage Saved.—A project, which gives every promise of success, is about to be tried in Glasgow, by which a very valuable portable solid manure will be extracted from the sewage of that city, which, it is estimated, may be sold, with a large profit to the company, at £2 a ton. Whenever this can be accomplished, the waste of our great cities will supersede the use of guano, and that now valuable commodity will at once cease to be worth the expense of carriage from Peru; while by having the sewage soil removed as rapidly as it accumulates, one of the main causes of city disease, will be at once removed.

In woman, the disjunction of knowledge from thought, is especially strange and displeasing. I have known a woman of this kind from my earliest youth, and I have watched her through every period of her life. She is well acquainted with the dead, and with most living languages; is free from all vanity and affectation; never allows her studies to interfere with any domestic duty; yet her learning does not make her an interesting person. Though she has read the best, as well as the most difficult authors of all nations, she never writes a letter that gives one any extraordinary pleasure.—W. Humboldt.

#### GOVERNING CHILDREN.

WE have known religious parents who purposely checked, and crossed, and disappointed their children, as a system of home education, in order, as they alleged, to break the natural will, and thus make it easier for them in after life, to deny self and practice virtue. When we see such a course pursued, we think of the child's remark, when asked why a certain tree grew crooked—"Somebody trod upon it, I suppose, when it was a little fellow."

Childhood needs direction and culture more than repression.

There is a volume of sound truth in these lines:—

"He who checks a child with terror,
Stops its play and stills its song,
Not alone commits an error,
But a great and moral wrong.

"Give it play and never fear it,
Active life is no defect;
Never, never break its spirit,
Curb it only to direct.

"Would you stop the flowing river,
Thinking it would cease to flow?
Onward it must flow forever;
Better teach it where to go."

Home Gazette.

A Large Prize Offered.—The United States Department of State has published a letter from that indefatigable Frenchman, Mr. Vattemare, addressed to John Y. Mason, which the latter gentleman transmitted to Secretary Marcy, accompanied with a letter from himself. Mr. Vattemare, by his will, leaves \$100,000 to any person who discovers the "means of curing Asiatic Cholera, or of the cause of the pestilence." To give publicity to the fact, the publication has been made. The power of awarding the prize has been conferred on the Institute of France, and the interest of it, until it has been awarded, is to constitute an annual prize, to be given to those who advance the knowledge of the cause of Cholera and its remedy.

#### THE HARDEST MODE TO DIE.

To be shot dead is one of the easiest modes of terminating life; yet, rapid as it is, the body has leisure to feel and reflect. On the first attempt by one of the frantic adherents of Spain, to assassinate William, Prince of Orange, who took the lead in the revolt of the Netherlands, the ball passed through the bones of the face and brought him to the ground. In the instant that preceded stupefaction, he was able to frame the notion that the ceiling of the room had fallen and crushed him.

The cannon shot which plunged into the brain of Charles XII., did not prevent him from seizing his sword by the hilt. The idea of an attack, and the necessity for defence, was pressed on him by a blow which we should have supposed too tremendous to leave an interval for thought. But it by no means follows that the inflicting of fatal violence is accomplished by a pang. From what is known of the first effect of gun-shot wounds, it is probable that the impression is rather stunning than acute. Unless death be immediate, the pain is as varied as the nature of the injuries, and these are past counting up.

But there is nothing singular in the dying sensation, though Lord Byron remarked the physiological peculiarity that the expression is invariably that of languor; while in death from a stab, the countenance reflects the traits of natural character, of gentleness or ferocity, to the last breath.

Some of these cases are of interest to show with what slight disturbance life may go under a mortal wound, till it finally comes to a sudden stop. A foot soldier at Waterloo, pierced by a musket ball in the hip, begged water of a trooper, who chanced to possess a canteen of beer. The wounded man drank, returned his heartiest thanks, mentioned that his regiment was nearly exterminated, and having proceeded a dozen yards on his way to the rear, fell to the earth, and with one convulsive movement of his limbs, concluded his career. "Yet his voice," says the trooper, who himself tells the story, "gave scarcely the smallest sign of weakness."

Captain Basil Hall, who, in his early youth, was present at the battle of Corunna, has singled out, from the confusion which consigns to oblivion the woes and gallantry of war, another instance, extremely similar, which occurred on that occasion. An old officer, who was shot in the head, arrived pale and faint at the temporary hospital, and begged the surgeon to look at his wound, which was pronounced mortal. "Indeed, I feared so," he responded, with impeded utterance, "and yet I should like to live a little longer were it possible." He laid his sword upon a stone, at his side, "as gently," says Hall, "as if its steel had been turned to glass, and almost immediately sank dead upon the turf."—Quarterly Review.

### EARTH AND MIND CULTURE.

Among our monthly exchanges, we look with especial interest for the Horticultural Review and Botanical Gazette, of Cincinnati, and the Horticulturist and Journal of Rural Art and Rural Taste, published at Rochester, New York. These publications, of fifty octavo pages a month, are furnished at the very low rate of two dollars a year, to clubs of five persons and to clergymen. It would be among the grandest consummations, if these and similar publications could be made to take the place of the wishy-washy love-sick monthlies, which count their circulation by scores of thousands, polluting the hearts of our sons and our daughters, tainting their memories, corrupting their imaginations, falsifying their ideas of natural life, planting and nourishing impracticable and vain ambitions, vitiating the morals, wasting the time, perverting the affections and sympathies of our nature, and undermining the health. These are the legitimate, the necessary, the universal tendencies of novel reading, more especially of the kind found in the fashion-plate monthlies established five or six or more years ago; and yet these monthlies are regularly noticed and whitewashed by religious newspapers, with here and there an independent exception, as the Louisville Presbyterian Herald. The New York Observer, and other standard papers. can a Christian parent allow such poisons to lie on his centre table by the side of the family Bible from one year's end to another! How can the gentleman and the scholar allow these publications to be handled by his children, when he must know that they give false ideas of life, as it is, and impart an exaggeration of style to the young mind which give the impress of "snob" for the remainder of life! You can tell the readers of

these publications in five minutes' conversation, yes, in their first utterances—everything is "awful," "excruciating," "horrid," "splendid," "most magnificent." Each sight, or incident, or transaction, exceeds in the pleasurable or disagreeable anything they had "ever seen in their life before."—The truly refined, the truly aristocratic, the truly knowing, do not use these sweeping expletives, they know too much, their observation and experience has been too large, and their taste and judgment, and presence of mind, and reverence for truth forbid these wild exaggerations.

If, then, the established fashion-plate monthlies were banished from our houses, and publications on the cultivation of gardens, fruits, flowers, and various plants, were to take their place, and some means were employed at first to get our children interested in such things, a field of investigation would soon open to their view as beautiful and boundless as the universe, interesting, happyfying, and enchanting in every step of progress.

The cultivation of a single flower, on a surface of a foot square in a New York city back yard would, with proper guidance, give a more practical insight of botany, chemistry and geology, than is obtained in a whole course of four years' study in one of the "boarding schools" of the time, or rather "skinning schools," as applied to the parent's pocket, and "ruination schools" as applied to the pupil, as far as the habits of mind, body and health are concerned, as well as to the utilities of actual, practical life. I do not mean the fancy or amateur culture which the June Knickerbocker describes when

## MR. AND MRS. SPARROWGRASS RETIRE FROM THE CITY TO ENJOY RURAL LIFE.

"When Mrs. Sparrowgrass and I moved into the country, with our heads full of fresh butter, and cool, crisp radishes for tea; with ideas entirely lucid respecting milk, and a looseness of calculation as to the number in family it would take a good laying hen to supply with fresh eggs every morning; when Mrs. Sparrowgrass and I moved into the country, we found some preconceived notions had to be abandoned, and some departures made from the plans we had laid down in the little back-parlor in avenue G.

"One of the first achievements in the country is early rising! with the lark—with the sun—while the dew is on the grass,

'under the opening eyelids of the morn,' and so forth. Early rising! What can be done with five or six o'clock in town? What may not be done at those hours in the country? With the hoe, the rake, the dibble, the watering-pot? To plant, prune, drill, transplant, graft, train and sprinkle! Mrs. S. and I agreed to rise early in the country—

"'Richard and Robin were two pretty men, They laid in the bed till the clock struck ten: Up jumped Richard and looked at the sky: O Brother Robin the sun's very high!'

Early rising in the country is not an instinct; it is a sentiment, and must be cultivated.

"A friend recommended me to send to the south side of Long Island for some very prolific potatoes—the real hippopotamus breed. Down went my man, and what with expenses of horsehire, tavern bills, toll-gates, and breaking a wagon, the hippopotami cost as much as pine-apples. They were fine potatoes though, with comely features, and large, languishing eyes, that promised increase of family without delay. As I worked my own garden, (for which I hired a landscape gardener at two dollars per day to give me instructions,) I concluded that the object of my first experience in early rising should be the planting of the hippopotamuses. I accordingly rose next morning at five, and it rained! The next, and it rained! It rained for two weeks! We had splendid potatoes every day for dinner. 'My dear,' said I to Mrs. Sparrowgrass, 'where did you get these fine pototoes?' 'Why,' said she, innocently, 'out of that basket from Long Island!' The last of the hippotamuses were before me, peeled, and boiled, and mashed, and baked, with a nice thin brown crust on the top.

"I was more successful afterward. I did get some fine seedpotatoes in the ground. But something was the matter: at the end of the season I did not get as many out as I put in.

"Mrs. Sparrowgrass, who is a notable house-wife, said to me one day, 'Now, my dear. we shall soon have plenty of eggs, for I have been buying a lot of young chickens.' There they are, each one with as many feathers as a grasshopper, and a chirp not louder. Of course, we looked forward with pleasant hopes to the period when the first cackle should announce the milk-

white egg, warmly deposited in the hay which we had provided bountifully. They grew finely, and one day I ventured to remark that our hens had remarkably large combs, to which Mrs. S. replied, 'Yes, indeed, she had observed that; but, if I wanted to have a real treat, I ought to get up early in the morning and hear them crow.' 'Crow!' said I, faintly, 'our hens crowing! Then, by 'the cock that crowed in the morn, to wake the priest all shaven and shorn,' we might as well give up all hopes of having eggs,' said I, 'for, as sure as you live, Mrs. S., our hens are all roosters!' And so they were roosters! that grew up and fought with the neighbors' chickens, until there was not a whole pair of eyes on either side of the fence.

"A dog is a good thing to have in the country. I have one which I raised from a pup. He is a good, stout fellow, and a hearty barker and feeder. The man of whom I bought him said he was thorough-bred, but he begins to have a mongrel look about him. He is a good watch-dog though, for the moment he sees any suspicious-looking person about the premises, he comes right into the kitchen, and gets behind the stove. First we kept him in the house, and he scratched all night to get out. Then we turned him out, and he scratched all night to get in. Then we tied him up at the back of the garden, and he howled so that our neighbor shot at him twice before daybreak. Finally, we gave him away, and he came back; and now he is just recovering from a fit in which he has torn up the patch that had been sown for our spring radishes.

"A good strong gate is a necessary article for your garden. A good, strong, heavy gate, with a dislocated hinge, so that it will neither open nor shut. Such an one had I last year. The grounds before my fence are in common, and all the neighbors' cows pasture there. I remarked to Mrs. S., as we stood at the window in June last, how placid and picturesque the cattle looked, as they strolled about, cropping the green herbage. Next morning I found the innocent creatures in my garden. They had not left a green thing in it. The corn in the milk, the beans on the poles, the young cabbages, the tender lettuce, even the thriving shoots on my young fruit trees had vanished. And there they were, looking quietly on the ruin they had made. Our wath-dog, too was foregathering with them. It was too much, so I got a large stick and drove them all out, except a

young heifer, whom I chased all over the flower-beds, breaking down my trellises, my woodbines and sweet-briars, my roses and petunias, until I cornered her in the hot-bed. I had to call assistance to extricate her from the sashes, and her owner sued me for damages and recovered. I believe I shall move in town."

The above is not the earth culture we are inculcating, but the practical cultivation of a few square feet of ground which may be had in any city back yard, taking some Horticultural monthly, as a guide, with an elementary work on Botany, Chemistry, and Geology; thus a single article on the moss-rose, or morning-glory, or strawberry, or holly hock, or any familiar plant or flower, would give abundant study for a month, and all the while delighting and expanding the mind.

If all the fashion-plate monthlies in the land could be made into one vast hecatomb of fire, or, if the paper could be remade and used for Horticultural Magazines, and every family were to subscribe, and pay for, and practically use them, and no Bremer, or D'Israeli, or Dickens, or Sue, or Dumas, or George Sand, or Thackeray, was allowed a place in the family library, this would be a far more virtuous, and refined, and practical, and happy world than it is: our sons would be more like men, for their minds would be agreeably exercised on subjects which naturally elevate: our daughters would make better wives, for instead of having their imaginations, and sensibilities and sympathies expended in a wrong direction, instead of originating, cherishing, and feeding expectations, never deserved, never to be realized, and really, never truly desirable, their mental, moral, and physical powers would be usefully employed on the topics discussed in the monthlies above named. There is something ennobling, something pacifying in the cultivation of the soil. It eventually makes a man independent, self-reliant. The earth gives her returns without demanding of her customers every variety of bowings, and scrapings, and servilities, and meanness, and misrepresentations, and stretchings, and downright cheateries, so general now among all trades and traffics. An active man in business, and a money-making fellow, said in my hearing not long ago, "I hate my business, I loathe and abhor it. I must lie and cheat, or fail, for my rivals live by it." This was said by a young man who had one of the best mothers that ever drew the breath of life.—How a man's pen will run away!

It is now writing of mercantile morals in a notice of a publication on gardening. I hope the reader has been wide enough awake to see the connection—although it is an idea which I do not recollect to have seen—that the cultivation of the soil naturally dignifies, elevates, and ennobles the character, because the earth yields her increase without demanding the flatteries and falsities of trade, while its tillers have a right, by means of the promise, to expect and demand an ample return from well-directed labor; our great mother gives full measure, pressed down and running over; no twelve cents for a shilling, no thirty-four inches for a yard, no fifty-six grains for a dram, no fourteen ounces, avordupois for a pound, no watered milk, no sanded sugar, no chicoried coffee, no drugged wines, no manufactured nutmegs or wooden seeds.

Let any young woman read the article on the chemistry of organic cells, in the Cincinnati Horticultural Review, let her read it with care and see if she does not rise from the perusal of a two-paged article with a feeling of elevation of mind which arises from the consciousness of increased knowledge, which no novel can ever similate, and which freshens, and expands, and deepens for life-long observation; while the stories and the tales, like the exhilarations from brandy or opium, fade away forever, leaving only the poison, and the sting behind: the poison of deliberate harm done to the body, the sting of time misspent, never to be regained.

THE MARCH TO THE GRAVE.—What a mighty procession has been marching towards the grave during the past year! At the usual estimate, since the 1st of January, 1853, more than 31,500,000 of the world's population have gone down to the earth again. Place them in a long array, and they will give a moving column of more than thirteen hundred to every mile of the globe's circumference! Only think of it; ponder and look upon these astounding computations! What a spectacle, as they "move on," tramp, tramp, tramp—forward upon this stupendous dead march!

Life is short and time is fleeting,
And our hearts, though strong and brave,
Still, like muffled drums, are beating
Funeral marches to the grave.

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# WHAT IS CHOLERA?

Cholera is the exaggeration of intestinal vermicular motion. This definition, explained in language less professional, would do more good than all the popular recipes for the cure of Cholera ever published, because it expresses the inherent nature of Cholera and suggests the principles of cure, in its early stage, to the most unreflecting mind.

The public is none the better, or wiser, or safer, for one of all the ten thousand "cures" for Cholera proclaimed in the public prints, with a confidence which itself is a sufficient guarantee that however well-informed the authors may be in other matters, as regards Cholera itself they are criminally ignorant; for no man has a right to address the public on any subject connected with its general health unless he understands that subject in its broadest sense, practically as well as theoretically.

As Cholera has become a general and perhaps, at least for the present, a permanent disease of the country, and at this time is more or less prevalent in every State of the Union and one, too, which may at any hour sweep any one of us into the grave—it belongs to our safety to understand its nature for ourselves, and do what we may to spread the knowledge among those around us.

A "live" cheese or a cup of fishing worms may give an idea of the motion of the intestines in ordinary health. The human gut is a hollow, flexible tube, between thirty and forty feet long; but, in order to be contained within the body, it is, to save space, arranged as a sailor would a coil of rope, forever moving in health—moving too much in some diseases—too little in others. To regulate this motion is the first object of the physician in every disease. In head-aches, bilious affections, costiveness and the like, this great coiled-up intestine,

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usually called "the bowels," is "torpid," and medicines are given to wake it up, and what does that cures the man. Costiveness is the foundation—that is, one of the first beginnings—or it is the attendant of every disease known to man, in some stage or other of its progress. But the human body is made in such a manner, that a single step cannot be taken without tending to move the intestines; thus it is, in the main, that those who move about on their feet a great deal have the least sickness,—and, on the other hand, those who sit a great deal, and hence move about but little, never have sound health; it is an impossibility—it is a rule to which I have never known an exception.

Cholera being a disease in which the bowels move too much, the object should be to lessen that motion; and, as every step a man takes, increases intestinal motion, the very first thing to be done in a case of cholera is to secure quietude. It requires but a small amount of intelligence to put these ideas together, and if they could only be burnt in on every heart, this fearful scourge would be robbed of myriads of its victims.

There can be no cure of Cholera without quietude—the

quietude of lying on the back.

The physician who understands his calling is always on the look-out for the instincts of nature; and he who follows them most, and interferes with them least, is the one who is oftenest successful. They are worth more to him than all the rigmarole stories which real or imaginary invalids pour in upon the physician's ear with such facile volubility. If, for example, a physician is called to a speechless patient—a stranger, about whom no one can give any information—he knows, if the breathing is long, heavy and measured, that the brain is in danger; if he breathes quick from the upper part of the chest, the abdomen needs attention; or if the abdomen itself mainly moves in respiration, the lungs are suffering. In violent cases of inflammation of the bowels, the patient shrinks involuntarily from any approach to that part of his person. These are the instincts of nature, and are invaluable guides in the treatment of disease.

Apply this principle to cholera, or even common diarrhea, when the bowels do not act more than three or four times a day; the patient feels such ar unwillingness to motion that he

even rises from his seat with the most unconquerable reluctance; and when he has, from any cause, been moving about considerably, the first moment of taking a comfortable seat is perfectly delicious, and he feels as if he could almost stay there always. The whole animal creation is subject to disease, and the fewest number, comparatively speaking, die of sickness; instinct is their only physician.

Perfect quietude, then, on the back, is the first, the imperative, the essential step towards the cure of any case of cholera. To this art may lend her aid towards making that quietude more perfect, by binding a cloth around the belly pretty firmly. This acts beneficially in diminishing the room within the abdomen for motion; a man may be so pressed in a crowd, as not to be able to stir. This bandage should be about a foot broad, and long enough to be doubled over the belly; pieces of tape should be sewn to one end of the flannel, and a corresponding number to another part, being safer and more effective fastenings than pins. If this cloth is of stout woollen flannel, it has two additional advantages—its roughness irritates the skin and draws the blood to the surface from the interior, and by its warmth retains that blood there; thus preventing that cold, clammy condition of the skin which takes place in the last stages of cholera. Facts confirm this. When the Asiatic scourge first broke out among the German soldiery, immense numbers perished; but an imperative order was issued, in the hottest weather, that each soldier wear a stout woollen flannel abdominal compress, and immediately the fatality diminished more than fifty per cent. If the reader will try it, even in cases of common looseness of bowels, he will generally find the most grateful and instantaneous relief.

The second indication of instinct is to quench the thirst. When the disease now called Cholera first made its appearance in the United States, in 1832, it was generally believed that the drinking of cold water, soon after calomel was taken, would certainly cause salivation; and, as calomel was usually given, cold water was strictly interdicted. Some of the most heart-rending appeals I have ever noticed were for water, water! I have seen the patient with deathly eagerness mouthe the finger-ends of the nurse, for the sake of the drop or two of cold water there while washing the face. There are two ways

of quenching this thirst, cold water and ice. Cold water often causes a sense of fulness or oppression, and not always satisfying; at other times the stomach is so very irritable, that it is ejected in a moment. Ice does not give that unpleasant fulness, nor does it increase the thirst, as cold water sometimes does, while the quantity required is very much reduced.

### A CASE.

About a year ago, I was violently attacked with cholera symptoms in a rail-car. The prominent symptoms were a continuous looseness of the most exhausting character, a deathly faintness and sickness, a drenching perspiration, an overpowering debility, and a pain as if the whole intestines were wrung together with strong hands, as washerwomen wring out clothing. Not being willing to take medicine, at least for a while, and no ice being presently obtainable, at the first stoppingplace I ate ice-cream, or rather endeavored to swallow it before it could melt. I ate large quantities of it continually, until the thirst was entirely abated. The bowels acted but once or twice after I began to use it, I fell asleep, and next morning was at my office, as usual, although I was feeble for some days. This may not have been an actual case of Asiatic Cholera, although it was prevalent in the city at that time; but it was sufficiently near it to require some attention, and this is the main object of this article, to wit: attention to the first symptoms of Cholera when it prevails.

According to my experience, there is only one objection to the ice-cream treatment, and that is, you must swallow it without tasting how good it is; it must be conveyed into the stomach as near an icy state as possible.

The second step, then, in the treatment of an attack of Cholera, is to quench the thirst by keeping a plate of ice beside you, broken up in small pieces, so that they may be swallowed whole, as far as practicable; keep on chewing and swallowing the ice until the thirst is most perfectly satisfied.

## PRACTICAL RESULTS.

The first step, then, to be taken where Cholera prevails and its symptoms are present, is:

To lie down on a bed.

2d. Bind the abdomen tightly with woollen flannel.

3d. Swallow pellets of ice to the fullest extent practicable.

4th. Send for an established, resident, regular physician. Touch not an atom of the thousand things proposed by brains as "simple" as the remedies are represented to be, but wait quietly and patiently until the arrival of your medical attendant.

But many of my readers may be in a condition, by distance or otherwise, where it is not possible to obtain a physician for several hours, and where such a delay might prove fatal. Under such circumstances, obtain ten grains of calomel and make it into a pill with a few drops of cold water; dry it a little by the fire or in the sun and swallow it down. If the passages do not cease within two hours, then swallow two more of such pills, and continue to swallow two more at the end of each two hours until the bowels cease to give their light-colored passages, or until the physician arrives.

## WHY?

In many bad cases of Cholera, the stomach will retain nothing fluid or solid, cold water itself being instantly returned. A calomel pill is almost as heavy as a bullet; it sinks instantly to the bottom of the stomach, and no power of vomiting can return it. It would answer just as well to swallow it in powder; but the same medium which would hold it in suspension while going down, would do the same while coming up.

## THE FIRST OBJECT

Of a calomel pill in Cholera, is to stop the passages from the bowels. This is usually done within two hours; but if not, give two next time, on the principle if a certain force does not knock a man down the first time, the same force will not do it the second. Hence, to make the thing sure, and to lose no time—for time is not money here, but life—give a double portion. Not one time in twenty will it be necessary to give the second dose—not one time in a thousand the third. But as soon as your physician comes, tell him precisely what you have done, what its apparent effects, and then submit yourself implicitly to his direction.

When the calomel treatment is effectual, it arrests the pas-

sages within two hours; and in any time from four to twelve hours after being taken, it affects the bowels actively, and the passages are changed from a watery thinness to a mushy thickness or consistency, and instead of being the color of ricewater, or of a milk and water mixture, they are brown or vellow, or green or dark, or black as ink, according to the violence of the attack. Never take anything to "work off" calomel, if there is any passage within ten hours after it is taken: but if there is no passage from the bowels within ten, or at most twelve hours after taking calomel, then take an injection of common water, cool or tepid. Eating ice or drinking cold water after a dose of calomel, facilitates its operation, and never can have any effect whatever towards causing salivation: that is caused by there being no action from the bowels, as a consequence of the calomel, sooner than ten or twelve hours after it has been swallowed.

# WHAT ARE THE FACTS?

I have been between two and three years in the midst of prevalent Cholera, continuously, winter and summer, the deaths being from two to two hundred a day. In all that time I had no attack, never missed a meal for the want of appetite to eat. ate in moderation whatever I liked and could get, and lived in a plain, regular, quiet way. During this time I had repeated occasions to travel one or two thousand miles, or more, in steamboats on the Mississippi, with the thermometer among the eighties in the shade and over a hundred on the deck, with from one to three hundred passengers on board, many of whom were German emigrants, huddled up around the boilers of a Western steamer-boatmen, Dutchmen and negroes, men, women and children, pigs and puppies, hogs and horses, living in illustrated equality. These persons came aboard from a hot and dusty levee, crammed with decayed apples, rotting oranges, bad cysters, and worse whisky; and almost invariably the report of the first morning out would be Cholera among the deck passengers, and the next thing, Is there a physician on board? Sometimes I was the only one; at others there were several, and we would divide. Practice of this kind is always gratuitous, and is attended with much personal labor, discomfort and exposure. On the last occasion of this kind I treated

eighteen cases, all of whom were getting well, apparently, when landed along the river at their various homes, my destination being usually as far as the boat would go. There were only two deaths—one during the first night, before it was known that the cholera was aboard, the other occurred just as the boat was landing at the young man's home; how anxious he was to reach that home alive, no pen can ever portray. I did nothing for him. Before I knew he was sick, he was in the hands of a stranger who came aboard, and who had a remedy which was never known to fail. During the voyage, my patients slept around the steamboilers in midsummer, or on the outer guards, exposed to the rain which several times beat in upon them and their bedding; being every night just at the water's edge, and no protection against its dampness, nor against the sun in the heat of the day. And yet with these unfavorable attendants, not one of the eighteen died on board the "Belle Key," in her six days' journey. In all these cases the treatment was uniform: quiet, ice, and calomel pills. which last I was accustomed to carry with me. Some of them had been made five years, but lost none of their efficacy. Whether it was the ice, or the quiet, or the pills, or faithful nature which kept these persons from dying, I do not pretend to say; I merely state the doings and the result.

My own views as to the cure of Cholera, as far as I have seen, are, that when calomel fails to cure it, every thing else will fail, and that it will cure every curable case.

## PREMONITORY SYMPTOMS OF CHOLERA.

The cure of this scourge depends upon the earliness with which the means are used. It can be said with less limitation than of all other diseases together, that Cholera more certainly kills, if let alone, and is certainly cured, if early attended to. What, then, is the earliest and almost universal symptom of approaching Cholera? I have never seen it named in print as such. During the two years above referred to, I could tell in my own office, without reading a paper, or seeing or speaking to a single person, the comparative prevalence of the disease from day to day, by the sensation which I will name, and I hope to the benefit of thousands, and perhaps not a single reader will fail to respond to the statement from his own ex-

perience. The bowels may be acting but once, or less than once, in twenty-four hours, the appetite may be good, and the sleep may be sound; but there is an unpleasant sensation in the belly-I do not, for the sake of delicacy, say "stomach," for it is a perversion of terms—it is not in the stomach, nor do I call it the abdomen. Many persons don't know what abdomen means. Thousands have such good health that they have no "realizing sense" of being the owners of such "apparati," or "usses," as the reader may fancy, and it is a great pleasure to me to write in such a manner that I know my reader will understand me perfectly, without having the head-ache. wants to hunt up dictionary words when the thermometer is a hundred at the coolest spot in his office? It is bad enough to have to write what you know, at such a Fahrenheitical elevation as I do now, but it is not endurable to be compelled to find the meaning of another by hunting over old lexicons, and, after all, running the risk of discovering that the word or phrase was, in its application, as innocent of sense as the noggin was of brains which used the expression.

Speaking then of that sensation of uneasiness, without acute pain, in the region named, it comes on more decidedly after an evacuation of the bowels. In health, this act is followed by a sense of relief or comfortableness, but when the cholera influence is in the atmosphere, even a regular passage is followed by something of this sort, but more and more decided after each action over one in twenty-four hours. The feeling is not all; there is a sense of tiredness or weariness which inclines you to take a seat; to sit down and maybe, to bend over a little, or to curl up, if on a bed. This sensation is coming cholera, and if heeded when first noticed, would save annually The patient should remain on the bed until he felt as if he wanted to get up, and as if it would be pleasurable to walk about. While observing this quiet and while swallowing lumps of ice, nothing should be eaten until there is a decided appetite, and what is eaten should be farina, or arrowroot, or tapioca, or corn-starch, or what is better than all, a mush made of rice-flour, or if preferred, common rice parched as coffee, and then boiled, as rice is usually for the table, about twelve minutes, then strain the liquid from the rice; return the rice to the stew pan and let it steam about a quarter of an

hour, a short distance from the fire; it will then be done, the grains will be separate; it may then be eaten with a little butter, at intervals of five hours.

There can be no doubt that thousands upon thousands have died of cholera who might now be living had they done nothing but observed strict bodily quietness under the promptings of nature, the greatest and the best physician.

# WHAT IS "A LOOSENESS ?"

An indefinite description or direction in reference to health is worse than none at all. Physicians very generally, and very greatly err in this respect, and much of their "want of success" is attributable to this very omission. A patient is told he "mustn't allow himself to become costive," mustn't eat too much, must take light suppers, mustn't over exercise. These things do much mischief. The proper way to give a medical direction is to use the most common words in their ordinary sense, and in a manner not only to make them easily understood, but impossible to be misunderstood, and to take it for granted that the person prescribed for knows nothing. How many readers of mine have an easy and complete idea of the word "expectorate" in medicine, or regeneration in religion? and yet the terms expectoration and regeneration are used as glibly by preacher and physician as if their meaning were self-evident. Why shoot above people's heads and talk about justification and sanctification and glorification, and a great many other kinds of "ations," when the terms do not convey to one ear in a dozen any clear, well-defined, precise idea? And so emphatically with the words looseness and costiveness when applied to the bowels. They are relative terms, and a practical idea of what they are is only to be conveyed by telling what they are, and what they are not. One man will say he is very costive, that he has not had an action from the bowels in three or four days or more; but a failure of the bowels to act in 24 or 48 or 72 hours is not of itself costiveness, for the person may have had four or five passages in a single day; then nature requires time to make up, so as to average one a day. Costiveness applies to the hardness and dryness of the alvine evacuations, and not to relative frequency.

A more indefinite idea prevails in reference to the more

important (in cholera times at least) terms looseness, loose bowels, and the like. The expression must be measured by color and consistency of the discharges in reference to cholera. We have heard and read a great deal about rice water discharges. Reader of mine, physicians, nurses, and cooks excepted, lay this down a moment, and say if you ever saw rice water in your life. Then again how is the reader to know whether the cholera rice water is applied to rice water as to color, or consistence, or taste, or smell. The term "looseness" as applied to Asiatic cholera as a premonitory symptom, is simply this: if in cholera times a man passes from his bowels even but a single time, a dirty, lightish-colored fluid, of consistence and appearance, a few feet distant, of a mixture of half and half milk and water, that is a premonition of cholera begun, and he will be dead in perhaps twenty-four hours at farthest, and as the passages become less frequent and of a darker or greener or thicker nature, there is hope of life. It does not require two such passages to make a looseness; one such is a looseness, and a very dangerous one. Nor does it require a gallon in quantity; a single tablespoonful, if it weakens, is the alarm-bell of death in cholera times.

But do not suppose that if looseness of bowels is a premonitory symptom of cholera, costiveness, that is, an action of the bowels once in every two or three days, is a preventive, or an evidence that you are in no danger; for constipation is often the forerunner of looseness. Some of the most fatal cholera cases I have seen were characterized by constipation previous to the looseness—the patient having concluded that as there was nothing like looseness, but the very reverse, he was in no danger, and consequently had no need of carefulness in eating or drinking, or anything else. Unusual constipation, that is, if the bowels during the prevalence of cholera act less frequently than usual, or if they even act with the same frequency, but the discharges are very hard or bally, then a physician should be at once consulted. That is the time when safe and simple remedies will accomplish more than the most heroic means, a few days or even a few hours later.

# THEORY OF CHOLERA.

It is in its nature common diarrhea intensified, just as yellow fever is an intensification of common bilious fever—a concen-

trated form of it. But what causes this loose condition of the bowels, which is not indeed a premonitory symptom of cholera but which is cholera itself?

That which precedes the loose bowels of diarrhea and cholera is liver inaction; the liver is torpid, that is, it does not abstract the bile from the blood, or if it does, this bile instead of being discharged drop by drop from the gall bladder into the top or beginning of the intestines, where the food passes out of the stomach into the bowels proper, is retained and more or less reabsorbed and thrown into the general circulation, rendering it every hour thicker and thicker, and more and more impure and black, until at length it almost ceases to flow through the veins, just as water will very easily pass along a hose pipe or hollow tube, while mush or stirabout would do so with great difficulty; and not passing out of the veins, but still coming in, the veins are at length so much distended that the thinner portions ooze through the blood vessels. That which oozes through the bloodvessels on the inner side of the stomach and bowels, is but little more than water, and constitutes the rice water discharges, so much spoken of in this connection; that which oozes through the blood vessels on the surface constitutes the sweat which bedews the whole body shortly before death, and it is this clogging up of the thick black blood in the small veins which gives the dark blue appearance of the skin in the collapse stage.

What is the reason that the liver is torpid—does not work—does not withdraw the bile from the blood?

It is because the blood has become impure, and being thus, when it enters the liver it fails to produce the natural stimulus, and thus does not wake it up to its healthful action, just as the habitual drinker of the best brandy fails to be put "in usual trim" by a "villainous article."

But how does the blood become impure? It becomes impure by there being absorbed into the circulation what some call malaria, and others call miasm. But by whatever name it may be called, this death-dealing substance is a gas arising from the combination of three substances, heat, moisture, and vegetation. Without these three things in combination there can be no "cholera atmosphere," there can be no epidemic cholera in these ages of the world. Vegetable matter decomposes at a

heat of between seventy and eighty degrees, and that amount of heat in combination with moisture and some vegetable substance must always precede epidemic cholera.

The decomposition in burial grounds, in potters' fields, or of animal matter in any stage or form, does not excite or cause cholera; if anything, it prevents it. I have no disposition to argue upon these points. I merely give them as my views, which, I think, time and just observation will steadily corroborate. There are many interesting questions which might be discussed in this connection, but the article is already longer than was designed. The reader may think that he could state some strong facts in contravention of those given, but I think it quite likely that on investigation these facts of his will be corroborants. For example: how is it that cholera has raged in latitudes where snow is on the ground five or ten feet deep? The people in such countries are generally poor; myriads of them live in snow houses, which are large spaces dug in the snow, with no outlet but one for the smoke, and in this house they live with their domestic animals, and all the family offal for months together, so that in the spring of the year there is a crust of many inches of made flooring, while the interior heat from their own bodies and from the fire for cooking purposes is often eighty or ninety degrees.

## THE THEORY OF CURE.

I have said that a torpid liver is an immediate cause of cholera, that it does not work actively enough to separate the bile, the impure particles, from the blood. Whatever then wakes up the liver, removes this torpidity, or in plainer language, whatever stimulates the liver to greater activity, that is curative of cholera. Calomel is a medicine which acts upon, which stimulates the liver to action with a promptness and certainty infinitely beyond all the other remedies yet known to men, and the use of any other medicine as a substitute in any plain case of cholera, is in my opinion a trifling with human life; not that other remedies are not successful, but that this is more certain to act upon the liver than all others; and what sensible man wants to try a lesser certainty in so imminent a danger.

My whole view as to cholera and calomel is simply this, that

while cholera is arrested and cured by a variety of other agents, calomel will cure in all these and thousands of others where other remedies have no more effect than a thimbleful of ashes; that calomel will cure any case of cholera which any other remedy cures, and that it will cure millions of other cases which no other remedy can reach; that when calomel fails to cure all other things will inevitably fail.

# HOW DO WE KNOW ALL THIS?

The natural color of healthy and properly secreted bile is yellowish, hence that is the color of an ordinarily healthful discharge from the bowels; but as the liver becomes torpid, the bile becomes greenish, and still farther on, black. If you give calomel under such circumstances, black, green, or yellow discharges result, according to the degree of torpidity. When the liver gives out no bile at all, the passages are watery and light colored. The action of a calomel pill in cholera is to arrest the discharges from the bowels, and this it does usually within two hours, and in five, eight, or ten, or twelve hours more it starts the bowels to act again, but the substance discharged is no longer colorless and thin, but darker and thicker and less debilitating, and the patient is safe in proportion as these passages are green or dark-colored. I have seen them sometimes like clots of tar.

#### PREVENTIVES OF CHOLERA.

There are none, there never can be, except so far as it may be done by quietude of body and mind, by personal cleanliness, by regular and temperate habits of life, and the use of plain accustomed nourishing food.

Anything taken medicinally as a preventive of cholera will inevitably, and under all circumstances, increase the liability to an attack.

# WHY?

Nothing can prevent cholera in a cholera atmosphere, beyond the natural agents of nutrition, except in proportion to its stimulating properties. The liver takes its share of the general stimulus and works with more vigor. Where the system is under the effect of the stimulus, it is safer, but it is a first truth that the stimulant sooner or later expends its force, as a

drink of brandy, for example. That moment the system begins to fail, and falls as far below its natural condition as it was just before above it, and while in that condition is just as much more susceptible of cholera as it was less liable under the action of the stimulant, until by degrees it rises up to its natural equilibrium, its natural condition. You can, it is true, repeat the stimulus, but it must be done with the utmost regularity, and just at the time the effects of the previous one begins to subside. This it will at once be seen, requires a nicety of observation, and correctness of judgment which not one in a multitude can bestow, saying nothing of another nicety of judgment, that of gradually increasing the amount of the stimulant, so that the effect shall be kept up to the regular notch; for a given amount of one stimulant will inevitably fail, after a few repetitions, to produce the same amount of stimulation, and the moment that amount fails to be raised, that moment the person is more susceptible of cholera than if he had taken pothing at all.

He who takes any medicinal agent, internal or external, for the prevention of Cholera, commits an act of the most consummate folly; and I should consider myself an ignoramus or a knave were I to concoct a professed anti-cholera mixture.

## THE SUMMING UP.

When Cholera is present in any community, each person should consider himself as attacked with Cholera.

1st. If the bowels act less frequently than usual.

2d. If the bowels act oftener than twice in twenty-four hours.

3d. If the discharge from the bowels is of a dirty white in color, and watery in its consistence.

4th. If he have any indefinable sensation about the belly, which not only unpleasantly reminds him that he has such an article, but also inclines him to sit down, and makes sitting down a much more pleasant operation than usual.

Some persons may think that this fourth item is putting "too fine a point" on the matter, and that it is being over careful; but I know that these very feelings do, in a vast majority of fatal cases of Cholera, precede the actual "looseness" so universally and so wrongfully regarded as the premonitory symp-

tom of cholera; "looseness," is not a premonitory symptom of Cholera.

TOOSENESS IS CHOLERA BEGUN!!

Whenever Cholera is prevalent in any community, it is as much actual Cholera, under such circumstances, as the first little flame on the roof of a house constitutes "a house on fire."

When Cholera is present as an epidemic—as a "falling upon the people," which is the literal meaning of the word epidemic, in a liberal translation—a person may have one regular action every twenty-four hours; it may not be 'ard and dry, it may not be in lumps or balls, and it may be consistent enough to maintain its shape and form, and this s neither too costive nor too loose, and is just what it ought t be in health; but, at the same time, if a person in a cholera atmosphere has such a passage from the bowels, and it is followed not merely by an absence of that comfortableness and sense of relief with which all are familiar in health, but by a positive sensation, not agreeable, not painful, but unpleasant, inclining to stilness, and there is a feeling as if a slight stooping or bending forward of the body would be agreeable,—these are the premonitories of Asiatic Cholera; and it is wonderful that they have never, as far as I know, been published in book or newspaper for popular information. At such a stage no physician is needed, no physic is required, only quietude on the back, ice to be eaten if there is any thirst, and no food but toasted bread, and tea of some kind, green, black, sage, sassafras, or any other of the common herbs. Keep up attention to these things until you can walk without any uncomfortableness whatever, and even feel as if it were doing you good, and until you are not sensible of anything unpleasant about the belly.

If you get tired of tea and toast, or if it is not agreeable to you, use in their place boiled rice, or sago, or tapioca, or arrow-root, or corn starch, or mush made of rice flour. With all these articles a little boiled milk may be used, or they may be eaten with a little butter, or syrup of some kind, for a change.

If, under the four circumstances named on page 172, there is not an improvement in the symptoms within a very few hours, by the three things there named, to wit:

1st. Quietude on your back, on a bed.

2d. Eating ice, if thirsty.

3d. A diet of tea and toast, or boiled rice, or some of the starches:

Then do not trifle with a holy, human life by taking any medicine on your own responsibility, nor by the advice of any unprofessional man; but, by all means, send for a physician. But if you have violent vomiting, or have a single lightishcolored, watery passage, or even a thinnish passage every hour or two, and no physician can be had in several hours, do not wait for him, but swallow a ten-grain calomel pill, and repeat it every second hour until the symptoms abate or the physician arrives; or, if at the end of two hours after the first pill has been taken, the symptoms have become aggravated, take two calomel pills of ten grains each and then patiently wait. the passages stop, if the vomiting ceases, you are safe; and if, in addition to the cessation of vomiting, or looseness, or both, the passages become green or dark, and more consistent within eight, or ten, or twelve hours after the first pill, and, in addition, urination returns, you will get well without anything else in addition beyond judicious nursing.

The most certain indication of recovery from an attack of Asiatic Cholera is the return of free urination; for during the attack it ceases altogether,—a most important fact, but not known, perhaps, to one person in ten thousand, and is worth more than all other symptoms together.

## CAUSES OF CHOLERA.

A very great deal has been uselessly written for public perusal about the causes of Cholera. One person will tell you that a glass of soda gave him cholera, or a mess of huckleberries, or cucumbers, or green corn, or cabbages, which is just about as true as the almost universal error, that a bad cold causes consumption. A bad cold never did nor ever can originate consumption, any more than the things above named originate cholera. A bad cold excites consumption in a person whose lungs are already tuberculated, not otherwise, certainly; and so green corn, or cucumbers, or cabbages, or any other food, whatever it may be, which is not well digested when it passes into the stomach, will excite cholera, when a person

is living in a cholera atmosphere, and the atmosphere is made "choleric" by its holding in suspension some emanation which is the product of vegetable decomposition.

# LIMESTONE WATER.

Much has been written about this agent as a cause of Cholera. Those who know least are most positive. It may be true to some extent, and, under some circumstances, it may be an excitant of Cholera; but I cannot think it is "per se"—that it is remarkably or necessarily so. It is known that the whole South-west has suffered from Cholera, New Orleans especially; yet there is scarcely a decent dwelling there which has not a cistern attached to it, above ground, and wholly supplied by rain water; and this is the usual drink, and it is the same case with multitudes of the better class of dwellings in the Southern country.

As to escaping prevalent Cholera, the great general rules are: 1st. Make no violent changes in your mode of life, whether in eating, or drinking, or sleeping, or exercise.

2d. Endeavor to attain composure of mind, quietude of body, regularity of all bodily habits, temperance in the use of plain, substantial, nourishing food; and let your drinks be a moderate amount of tea, and coffee, and cold water. If accustomed to use wine or brandy, or any other beverage or alcoholic stimulant, make no change, for change is death. If any change at all, it should be a regular, steady, systematic increase. But as soon as the Cholera has disappeared, drink no more.

# FRUITS, IN CHOLERA TIMES,

Are beneficial, if properly used. They should be ripe, raw, fresh, perfect,—should be eaten alone without cream or sugar, and without fluids of any kind for an hour after, and they should not be eaten later in the day than the usual dinner hour of two P. M.

In Cholera times, nothing should be taken after dinner, except a piece of cold bread and butter, and a cup of tea of some kind. This, indeed, ought to be the rule for all who wish to live long and healthfully.

The indefinite unpleasantness in the bowels, which I have so much insisted upon as the real premonitory symptom of

Asiatic Cholera begun, whether there be looseness or constipation, most probably precedes every acknowledged attack of Cholera, from hours up to days. There are no means for proving this, certainly; for the mass of people are too unobserving. But it most certainly is a safe rule in cholera times, to regard it as a premonitory, and to act accordingly.

Whatever I have said of Cholera in the preceding pages, I wish to be understood as applicable to what has come under my own observation during the general prevalence of Cholera in a community.

In different States and countries there are circumstances which modify the disease, its symptoms, and everything connected with it, such as locality, variety of exciting causes, their different degrees of virulence or concentratedness, the different habits and modes of life. These things constitute the reason of the various modes of treatment, and the great error has been the publishing of a successful remedy in one locality, and relying upon it in another. But the treatment by quietude, ice, and calomel, is equally applicable on every spot of the earth's surface, wherever a case of Epidemic Cholera occurs, since the essential cause of Cholera is everywhere the same, to wit, the miasm of vegetable decomposition, the effects of that cause are the same, to wit, a failure on the part of the liver to work with sufficient vigor to withdraw the bile from the blood and pass it out of the system; and the mode of removing that effect is the same, to wit, the stimulation of the liver to increased action. And although, in milder forms, a variety of agencies may stimulate the liver to work, and thus restore health, yet inasmuch as calomel is infinitely more reliable than all other liver stimulants yet known, it is recommended as having precedence of all others, on the ground previously named, that when danger is imminent and a few hours makes the difference between life and death, it is unwise to trust to a less certain agent when the more certain one is equally at hand and is the easiest medicine known to be taken, as it has no appreciable taste, its bulk is exceedingly small, and by reason of its weight it sinks to the bottom of the stomach and cannot be rejected except in rare instances.

Some of my views are peculiar, perhaps. They were formed from observations made in 1832, '3 and '4, my first experiences

being on board a crowded steamboat which left Louisville, Kentucky, in October, 1832. In twenty-four hours the cholera broke out. It had just reached the west from Canada. No one knew anything about its nature, symptoms, or treatment, practically, and the panic was terrible. I had retired early. A Virginia gentleman was lying on the floor suffering from an attack. At midnight I awoke and found the cabin deserted. not a living creature in it, nor on the boat either, as well as I now remember, and every berth but mine was entirely divested of its bedding. The man had died, and they were airing the boat, while a few were engaged in depositing him at the foot of a tree in a coarse wooden box, on the banks of the Ohio. The boat was bound for St. Louis, but few of her passengers to that port, or officers, lived to reach their destination. I was young then, had perfect health, and knew no fear. Ever since that terrible "trip," and the experiences of the following years, everything that I have seen or read on the subject of cholera has seemed to me to confirm the views advanced in the preceding pages, and I trust that general readers, as well as professional men, who may chance to see this article, will hereafter direct their attention to all facts bearing upon cholera, and notice how far such observed facts will bear them out in concluding, 1st, that epidemic Asiatic cholera cannot exist aside from moisture, heat, and vegetable matter; 2d, that quietude, ice, and calomel will cure where anything else will, and will succeed in multitudes of cases where all things else have signally failed.

#### CALOMEL PREJUDICES.

If, then, calomel is such an admirable agent in cholera, why is it not universally used? I might as well ask, if honesty is the best policy, why are not the majority of men honest from principle? It is because men are ignorant or misinformed. Many persons do not know the power of calomel in curing cholera, while others are afraid of it because it sometimes salivates. Suppose it does—better to run the risk of salivation than to die. And even if salivated, a man is not necessarily permanently injured by salivation. I have been badly salivated several times very many years ago, but I believe I have as good health as most men. I do not recollect to have lost

three meals from sickness in fifteen years past, except from sea sickness, and no doubt there are tens of thousands of persons who have been salivated can speak similarly. But the objection is perfectly childish when it is remembered that perhaps a thousand persons in succession may take calomel and not two in the thousand be salivated. I might say not two in ten thousand, and that in a vast majority of those who are not designedly salivated, this salivation is the result of injudicious administration; thus,

Salivation is caused by keeping the system too long under the influence of calomel, in two ways:

1st, By giving small doses at short intervals.

2d, By giving an amount so small that it fails to work itself off in ten or twelve hours.

3d, By giving a larger amount, but mixing opium in some form or other with it; for in all cases the more opium or other anodyne you give with a dose of calomel, the longer it will be in producing its legitimate action.

The best method of administering calomel is to give enough at one time to make it act of itself within twelve hours, and if it does not act within that time, take an injection of half a pint of tepid water, or of a tablespoonful of salts in a half pint of warm water every hour until the bowels do act. Any action of the bowels at all after six hours since taking the calomel may be set down as an action from calomel, and nothing need be done to "work it off."

If salivation is not designed, it is not best to give a dose of calomel oftener than once a week.

By observing the two rules just stated, I do not believe that any general practitioner will have one case of undesired salivation in ten years practice.

It is important for the reader to remember that there are sporadic cases, that is, scattering cases of cholera which may not be preceded by a constipation, or looseness of bowels, or uneasiness sufficiently decided to have attracted the observation of the patient; for in many cases the patient declares that he "felt" as well as he ever did in his life, or acquaintances remark that he "appeared" to be in perfect health, and yet to-day he is dead of cholera. Yet, I very much doubt if a case of cholera ever occurred without the premonitions above

named in a greater or less degree. Still, for all practical purposes, and to be on the safe side, let no one who has looseness to-day in cholera times, conclude that it cannot be cholera, because he "felt" so and so the day before, or because no premonitions were observed; rather let him conclude they were slight or unobserved, and act as he should do if he were perfectly assured that he had at that moment in his own person, undisputed epidemic Asiatic cholera. The truth is, it is as impossible for a man in perfect health to be stricken down in a moment with a dangerous disease, as it is for a man who has been honest from principle for a lifetime, to become in a day a forger or a swindler.

As far as my observation has extended, I believe that the most frequent of all exciting causes of cholera is going to bed too soon after a hearty meal, whether it be a late dinner or merely a supper of fruits and cream or milk, with sugar. I think that eating freely of fruits or berries, ripe, raw, and perfect, with any fluid after them, and then going to bed in an hour or two, will excite cholera in cholera times. I am inclined to think that huckleberries with cream or milk, except in very small quantity, make a dangerous dish in cholera times.

It may subserve a good purpose to remark that I have written on this subject not to support a theory, but to draw attention to the suggestions, and least of all to obtain a cholera practice. I never treated a cholera case except gratuitously. I do not visit persons out of my office, except in rare cases. I prescribe only for those who come to see me and who write to me, and my practice is closely confined to ailments of the throat and lungs, and has been for ten or fifteen years.

I will close the subject with answering an inquiry which no doubt has occurred to the reader as a conclusive refutation of all that I have said as to the fundamental cause of cholera, to wit:

If cholera is the result of heat, moisture, and vegetable matter in combination, why has it not prevailed from time immemorial? Because the climates of the world, and of the various countries of the earth, the constitutions, and habits of life, and modes of living are constantly changing; hence new diseases are making their appearance from time to time, while others have vanished from the world. And when a single ele-

ment of many is changed, an entire new combination may be the result. But whatever may be that new or changed element, it can no more, as far as our present knowledge extends, excite epidemic cholera without the aid of vegetable decomposition, than powder can be ignited without the aid of fire.

## CONCLUDING OBSERVATIONS.

While Cholera prevails, no marked change should be made as to the general habits of a regular temperate life—as long as the person feels entirely well—but the moment the great premonitory symptom is observed even in a slight degree, to wit, an indefinable uncomfortableness in the belly, inclining to rest, then an instantaneous change should be made from physical activity to bodily rest—from mental activity to mental relaxation—from the habitual use of wines, or malt, or other alcoholic drinks to total abstinence—from everything of the kind; using ice or ice-water as a substitute, or cold spring water, a few swallows only in any twenty minutes; but if ice is to be had, and there is thirst, it may be eaten continuously from morning until night.

Whatever may have been the diet before, it should be changed at once to tea and toast, or cold bread and butter, with plain meat, salted or fresh, whichever is relished most—1 mean that these changes should be made on the first appearance of belly-uncomfortableness, and if in six or eight hours you are not decidedly better, send for a physician. If you are better, continue your own treatment until the feeling in the belly has entirely disappeared and you have a desire to walk about, and experience a decided relief in doing so.

If you have over two (or three at most) passages within twenty-four hours, do not make an experiment on your life by taking even a calomel pill, simple as it is, unless it be wholly impracticable to obtain a physician within three or four hours.

## DIET IN CHOLERA TIMES.

If you have no special liking for one thing more than another, and have not even the premonitory symptom, to wit, the *belly-uneasiness*, then the following diet will render you more secure:

BREAKFAST.—A sirgle cup of weak coffee or tea, with toasted bread, or cold bread and butter, and a small piece of salt meat, ham, beef, fish, or the like, and nothing else. DINNER—Cold bread, roasted or broiled fresh meat of some kind, potatoes, rice, hominy, samp, or thickened gruel. For Dessert—Rice, or bread pudding, or sago, arrow root, tapioca, farina, corn starch, prepared in the usual manner, and nothing else fluid or solid. Tea, on Supper—A single cup of weak tea of some kind, or coffee, with cold bread and butter—nothing else.

Eat nothing between meals; go to bed at a regular early hour, not later than ten o'clock; attend to your business with great moderation, avoiding hurry, bustle, worriment of mind; wear thin woollen flannel next the body during the day, air it well at night, sleeping in a common cotton night garment; remain in bed of mornings, after you have waked up, until you feel rested in all your limbs; but do not by any means take a second nap. Do not sleep a moment in the day time, and let all your enjoyments and recreations be in great moderation.

Fruits have not been named, because it is so difficult to get them fresh, ripe, perfect—many looking so, are wormy. Except potatoes, no vegetables are named, because they more readily sour on the stemach, require more power of digestion, while they do not afford as neach nutriment and strength to the body in proportion.





# HALL'S JOURNAL OF HEALTH.

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[NO. IX.

# OBSERVATIONS ON CHOLERA.

In the August number, I have insisted mainly on

1st. An uncomfortableness about the belly as the very earliest

premonition of approaching Cholera, in cholera times.

2d. That at this stage, an almost infallible and immediate cure is effected by prompt and perfect quietude on the back, on a bed, satisfying the thirst, if any, by swallowing pellets of ice, and eating, only if decidedly hungry, farinaceous food, tea and toast, or thickened gruel; and that this course should be continued until the feeling in the abdomen has entirely disappeared, and until there is a desire to walk about, and a sensation of pleasure or relief in doing so.

3d. That if in cholera times, there has been no passage from the bowels in two or three days, or if there be three passages from the bowels in any twenty-four hours, or a single passage of a watery and light-colored substance, or an unaccountable feeling of weakness, amounting almost to prostration, without any noticed looseness, or constipation, or nausea, or abdominal uncomfortableness, in either of these four conditions, most especially the last, a resident physician, in whom high confidence is reposed, should be at once consulted.

4th. That if the symptoms are urgent, such as two or three lightish-colored, painless, watery passages, in the course of five or six hours, or vomiting or cramps, and a physician cannot be had in the course of three or four hours, then, in addition to the quietude on the back, a flannel bandage firmly fastened around the abdomen, and eating ice, if there is thirst, as a precaution, and to be on the safe side, and to save time which may be infinitely valuable to the patient, a calomel pill of ten grains should at once be swallowed; and if the vomiting or

purging do not cease within two hours, and a physician does not arrive, then swallow two of the calomel pills.

If the patient is afraid of being salivated, then let him take twice as much super carbonate of Soda as he has taken calomel. in pills, or dissolved in a tablespoon or two of cold or warm water. It is not necessary that the calomel should be in the form of a pill; if there is no vomiting or decided nausea, the next best method of taking it is to put it on the end of a spoonhandle or case-knife, put it in the mouth, and, suddenly turning it over, spread or plaster the calomel on the back part of the tongue, and wash it down with ice-water. Then chew afterwards any tough substance, such as a piece of dried beef, or tough bread crust, so as to clean the teeth and mouth from any particles of calomel which may have obtained a lodgment -and, even after that, rinse the mouth out well, otherwise the teeth may be injured. The prejudices against calomel have arisen from its indiscriminate and careless use. In precisely the same manner have prejudices quite as strong arisen against the use of tea and coffee, and roast beef, and fruits, until our whole dietetic table is reduced to grapes and cold water.

Intelligent men have written against the use of calomel in cholera; but in every case I have lately seen reported, as proof of the inefficacy of calomel, one of two things invariably attended that case—either other things were done or given with the calomel, such as opium, or salts, or ipecac, or jalap, or rhubarb,—or the patient died in spite of all subsequent treatment, bringing us back to the admitted point, that where calomel fails all other things will fail. All that I have said in reference to the good effects of calomel in cholera, is to be considered as applicable to cases where nothing else has been given but pure calomel—where nothing else has been done but lying on the back on a bed, and eating ice, if thirsty. When calomel does not arrest the watery passages, it is because enough is not given; or it is a fatal case. Since writing the Cholera article, an intelligent gentleman connected with one of our oldest and most respectable publishing houses in Broadway, has informed me that a medical gentleman in the eastern part of the city has made a large amount of money at five dollars a case, and that, from his success, his whole time is fully occupied. His main treatment is from twenty to forty grains

of calomel at the first dose, and bathing the feet in hot water saturated with the salt of a fish barrel.

I have said nothing about the subsequent or convalescing treatment of cholera, diet, &c., as it is a disease so critically dangerous that it is madness not to secure the services of a regular practising physician, even when the treatment advised has been followed with the happiest results.

I wish it to be distinctly understood, that in the calomel treatment, everything else taken or done beside the ice and quiet, is a positive injury, unless under the direction of a physician; for any prescription however familiar—and these are the things which we denominate "simple, and can do no harm, even if they do no good"—even a mustard plaster over the stomach or abdomen may excite an irritation in the system difficult to control; and sometimes, as I have seen, it produces unutterable torture: a patient once begged with dying earnestness to have it removed, if it were "but for five minutes."

Another "simple" is paregoric, a household medicine, the common destroyer of the health and lives of young children in the hands of ignorant mothers and lazy, unprincipled nurses. Ten, twenty, fifty drops of paregoric have been so often given under various circumstances, that it, too, is so familiar as to have become one of the simples, and it does faithfully act towards arresting the passages, and life too, by convulsions, apoplexies or fatal congestions. A grain of opium, twenty drops of laudanum, or a teaspoon of paregoric, -either one is capable of causing convulsions immediately, when they act so as to arrest the looseness, suddenly.

It is the use of opiates in loose bowels which explains the fact that among the eleven hundred and thirty-nine deaths in New York city, for the last reported week in July of this year, five hundred and thirty-three were from bowel affections, and one hundred and seventy-nine, besides, from congestions of various kinds,-opiates acting uniformly in one of two ways. soothing the disease for the moment, to break out with greater aggravation in a short time; or, on the other hand, to act in a more summary manner, causing congestions and more sudden death.

The startling fact forces itself on our attention, that now, in August, 1854, every other death in New York is from disorder of the bowels, bringing us back to the point, that the very slightest bowel affection in cholera times, demands instantaneous attention. One week later: total deaths, 1148; congestions, 133; disease of the bowels, 645—more than one-half.

In the week ending July 22d, there were nine hundred and fifteen deaths, four hundred and twelve of which were from diseases of the bowels, and ninety-seven more of convulsions and congestions. One of our most estimable citizens recently died with a short sickness, reported of cholera, but his three attending physicians certified through the papers that "he died of congestive fever." If this distinguished gentleman had loose bowels at first, as the papers stated, and took anodynes in any form to arrest the looseness, then it was death from cholera. badly treated; and the statement that he died of "congestive fever" is not full, and misleads. Let my readers remember whenever they see a death recorded from convulsions, apoplexy, or congestion in any form, in cholera times, that such a death. in nine cases out of ten, has followed some anodyne or high stimulant taken into the stomach. I have no objection to the use of an injection of two or three teaspoonfuls of laudanum in as many tablespoons of water, or introducing into the rectum a plug of opium half the size of a common hazlenut or filbert, to quiet the straining or constant desire to stool, or to compose the bowels, at the time the calomel pills are taken, or any time before the physician arrives; it saves time, gives repose, and has none of the ill effects of such things introduced into the stomach.

It is a great mistake that calomel is slow to operate, and that mistake consists in not knowing what its first operation is, which is to arrest the action of the bowels within two hours, and if enough is given it will do so, in any curable case, with the certainty almost of a specific. Some physicians hesitate, because they fear it will excite irritation—that is, aggravate the condition of things already present; they thus think, because they have seen calomel given and the symptoms soon after become worse. So have I:—first, because it is the nature of Cholera to get worse constantly—get worse every hour; and second, because so little was given, that it was simply powerless—all the injury it could effect was negative. While I am writing this, the former health officer of the port of New York

during the first cholera, states that they tried every thing, and his conclusions were, that "calomel cured as often as any thing else, and if any thing was to be done it was by calomel."

While the more immediate effect of calomel in cholera, is to arrest the looseness more or less within two hours, then its stimulating energies begin, and at the end of six, eight, or ten hours, colored, consistent dejections appear, and then, simply with good nursing, the patient is safe, with ordinary attention.

As it is malaria, from the combination of heat, moisture and vegetable matter uniting with some unusual constituent of the atmosphere, which generates cholera; and, as this malaria is heaviest nearest the earth, persons are safer from cholera who live, or at least sleep in the upper stories of houses, as explained in my publication on Bronchitis and Kindred Diseases, eighth edition, page 317, strongly corroborated by the fact recently published, that in London, in 1848-9, epidemic cholera was fatal in the inverse proportion to the elevation of the houses. above the general level-that is, from houses erected on a piece of ground forty feet higher than the general level, sixteen died of cholera out of every hundred thousand; from forty to sixty feet, eleven in every hundred thousand; from sixty to eighty, four in every hundred thousand; from eighty to one hundred, only three deaths in a hundred thousand; while in houses not over twenty feet above the general elevation, thirty-one persons died of cholera in every hundred thousand; and, without giving a special reason for it here, I only remark that temperate persons may have almost an entire immunity from cholera during an epidemic, by sleeping thirty feet or more above the ground, by eating breakfast before going out of doors in the morning; and, thirdly, by having a good fire kindled at sundown, and not going out of doors afterwards, as explained at page above quoted.

Although the whole August number was taken up with the subject of Cholera, and a great part of this number, yet I feel it important to say something towards counteracting a general and most dangerous error, disseminated and constantly repeated by newspaper editors,—very particularly so by some of the New York Daily press, and that, too, in face of the fact, that some of these papers have medical editors in their department. This fatal error is, that Cholera is a very mysterious disease,

and, in the main, falls upon its victim with the suddenness and fatality of a thunderbolt. The inevitable and practical result is, that a species of terror attends an attack of Cholera, in a vast number of instances, having a more injurious effect than the disease itself. A case in hand is given in the Buffalo Republic of the 27th July:

"A strong, healthy laboring man was seized with Cholera. The moment he became aware that the disease was upon him, he grew excited, calling for all the medical aid that could be got around him. They came, administered remedies, and consulted together, and were earnest in their endeavors to do every thing in their power to save him. The man was still frantic with fear, and called upon them individually to save him. 'Save my life,' said he, 'and I will give you one thousand dollars.' His physicians tried to calm his feelings and subdue his fears, assuring him that it was absolutely necessary that he should be calm and tranquil in order to give effect to the medicine and check the disease. Fear, however, had taken such firm hold of him that he could not refrain from continued cries for help until prostrated and unable to speak, when death put an end to his sufferings and fears."

Let it be remembered by all, that there is no positive evidence that any man ever dies within twenty-four hours after the first onset of the disease. I make the statement with great deliberation, and certainly not without many searching inquiries and close observations. I have never yet, in a single instance, failed to find, that even days before, something was amiss, but so slight as not to fix attention, and almost to be unremembered in a dozen hours afterwards. I earnestly trust that educated physicians-men of age and character in the community-will make observations in this direction, and come out openly, under their own proper signatures, and let the people know something tangible, something practical on this death-dealing subject. How is it that in twenty years medical men have not arrived at some few general principles, practical in their nature—some few principles so intuitively truthful as to command the unanimous assent of the commonest observers. Such principles do exist, and they ought to be searched out and published by authority. For example, in the first stages of cholera in actual existence, there is a wanting to rest; nature.

reason, common sense, instinct-all teach that rest of the most perfect kind should be observed; and yet what physician does not know how fruitlessly men fight against this inclination and perish in the contest. All classes or sects of physicians claim the successful treatment of cholera, and no doubt all are more or less successful—those who bleed and those who do not; those who give calomel and those who deprecate its employment as useless, if not fatal; those who give nothing but internal remedies; those who do nothing but make external applications; those who starve and those who feed; those who drown with water and those who deny a drop. It seems to me quite apparent that the reason all modes of treatment are more or less effectual, does not lie in the fact that cholera is not a dangerous or a critical disease, but that there must be some general principles of treatment which run through all the modes practised. If these general principles could be culled out, and, in addition, some really first symptom of cholera were fixed on, far earlier than the painless looseness, then not a creature need die where millions now do!

Reader of mine, in the shades of the forties, you have found more than once or twice, that in times of real difficulty, if you could not help yourself, you had to go unhelped. This is as it should be—it makes men self-reliant; he who is always helped remains a baby always, and his name and memory rot in "ninety days after"—his body. This being so, let us help ourselves, in the present dearth of help amid such myriads of doctors and certain infallible cures for cholera, and endeavor to find some two or three or more things which all "pathies" attend to in the treatment of the fearful scourge.

1st. It is becoming a matter of universal assent, that in cholera times, a painless, weakening, inodorous, watery, light-colored looseness of the bowels is actual cholera. Few die who instantly call in competent medical aid.

2d. All admit the imperative, the absolute necessity of perfect quietude from the instant the first symptom is noticed.

3d. So few deny, over their own proper names, that swallowing ice is beneficial, or, if not attainable, ice-cold water, in one or two swallows only at a time, repeated every few minutes when there is thirst, we may safely take this as a third general principle.

4th. No one denies that the looseness should be arrested without delay.

5th. That it is madness not to secure the services of a regular practising physician at the earliest moment.

6th. If at all possible, make a positive arrangement that the medical attendant shall see you once an hour, until the crisis is past.

Now, if instead of the first general principle above named, mine is substituted—that, in cholera times, the first symptom of the onset of cholera is simply a weakening uncomfortableness about the belly—then cholera will become one of the least fatal of all known diseases.

If newspaper editors were to cause these items to be universally known and believed—as the press only can do—then would I be willing that every cholera prescription ever published, except in standard medical works, should be blotted from the memory of man; and certain I am that human life thereby would be an infinite gainer.

I have now occupied some thirty pages of my Journal in giving my views on Cholera; but no subscriber will think I have given too much importance to the subject, should he be attacked himself, or have a dear child just on the verge of collapse, as the Editor had, while penning the August article on the subject, waiting until the last safe moment, in his unwillingness to give medicine, yet having an unfaltering confidence in the value of pure calomel, judiciously given, and well watched.

To sum up, then, all I have said, in a few words,

If you have, in cholera times, any reason to believe that it is attacking you, the first prescription is—and it is of immeasurable importance—send for your physician; or, rather, if you happen to be from home, at your office or counting-house, get a carriage, and call on him on your way home.

2d. As soon as you enter your house, do not wait to undress, but lie down on the first bed you come to, undressing at your leisure, and let nothing pass your mouth but ice, or, if not attainable, cold water,—one or two swallows at a time, and not oftener than as many minutes apart; but if you have ice, you can eat it as voraciously as you desire,—but take neither ice nor water unless you are thirsty.

3d. This third item is conditional. If the symptoms are urgent, or you find yourself becoming nervous, and a physician cannot possibly be had within two hours,—then swallow ten or twenty grains of calomel, in pill, if there is sickness at stomach; if not, it will do you more good to take it on the end of a spoon-handle or case-knife, and plaster it over the back part of the tongue, washing it down with cold or iced water, taking at the same time, if so disposed, at least as much super-carbonate of Soda, as an apparent preventive, in some instances, of salivation, and wait until your physician comes.

It requires a philosopher to march up to the cannon's mouth while the match is just descending on the touch-hole, in spite of the gunner's assurance that he will not fire it off; and not less a quantum of firmness does it require to resist the incessant importunities of those we love, to be doing something; if you have any disposition to gratify them, without injuring yourself, and yet do some additional good, introduce into the rectum a long piece of opium, which, in the shape of a ball, was half as large as a common-sized filbert, or, as called by others, hazlenut.

"Do let me alone," is the very frequent petition of a cholera patient, unless he is a stranger and has no money; in that case, there is no kind of necessity for a repetition of the prayer.

Since the first four pages of this September article on Cholera were put in type, I have purchased the August number of the New York Medical Gazette, the regular exchange not having come to hand; and having read it since its first publication, I did not wish to be without it—and such, I hope, will be the feeling of the subscribers to the Journal of Health for years to come—for somehow or other, any man who takes and pays regularly for a periodical, gets to like it and the editor too; or, at the very least, to feel out of sorts if he does not get it at the appointed time. The Gazette says of our August No., as an offset to its commendation, that it regards,

1st, The definition of Cholera as defective.

2d, The theory radically inadequate.

3d, The treatment imperfect.

This criticism is correct in the main; for as to the definition, designing it for popular use, we wanted to present one main, easily understood, and easily remembered idea. I did pre-

cisely as I have a thousand times wished our ministers would do, that is, to give in each sermon one clear and grand idea, impressed in such a manner, that on his way home, the hearer is not inclined to talk or think of anything else. Time nor the daily battle with the world will ever burn that idea out. clergymen would do this, they would not run out of ideas in every five or six years, and resign on account of ill health. I name this as an incidental preventive of Cholera; for it is enough to cause more than cholera to be in the chase of new ideas in mid-summer, for weeks at a time, and yet not a single one be caught-not in a whole year. Whose health wouldn't give out under such circumstances? The one-idea sermon has two great advantages—it would be necessarily short, and being to the point, too, there would not be a sleepy or "forgetful" hearer of the word" in all the congregation. So in my definition of Cholera, I wanted the unprofessional reader to see, and feel, and remember the one main, practical idea, that Cholera was excessive motion of the bowels, and that its cure, except in advanced stages, was perfect quietude.

2d. "Theory inadequate." I often think myself that theory is a fool, and theorizers foolees. But whatever may be the respective merits of my theory, and that of the Gazette, both lead to the same practice; for in answer to the question, "What shall we do in Cholera?" proposed by many city friends, subscribers, and former pupils, the Gazette advises four things: 1st, a physician; 2d, laudanum; 3d, ice; 4th, "all previous treatment being palliative," caloinel in quantity proportioned to the violence of the attack, taken by being plastered on the tongue and washed down with ice-water. Now, if the Editor of the Medical Gazette had not have been old enough to be our greaty-great-grandfather, and forgotten, perhaps, more than we ever knew about general medicine, we might have concluded that the advice he gave in his August number, issued August 1st, was taken from the August number of the Journal mailed to exchanges, 20th July.

3d. "Treatment imperfect." And so it was purposely designed. I wished the patient to know no more than what it was necessary to do while his physician was coming; and although, as the Gazette admits, "in very many cases there could be no better practice," and nothing more would be

needed, there are some cases which require more energetic means than ten or fifteen grains of calomel. My object was not to cause the patient to feel that he was fully armed at all points; for then he would not send for a physi cian at all; and one of the main objects of the article would have been wholly frustrated, that is, the early call of the family physician, which the editor himself insists upon, is the very first and most important thing to be done in every instance. I think one of the best points in the August number is the scantiness of the advice in reference to the actual medical treatment. It is not my intention that this Journal shall ever contain an article that, by any torture, can be made to take the administration of medicine out of the hands of the regularly educated and honorable allopathic practitioner, except in cases where the delay of an hour or two would be death. I do not say that I will even do this, except in very rare cases, which, indeed, I might do in justice to those of my subscribers who reside in the country, and may not be, as many are, within ten miles of a physician.

I should have been glad, and the public would have been instructed, if the Editor of the New York Medical Gazette had given his opinion as to the truth of the main idea of my Cholera article, to wit: that, in cholera times, any "weakening, abdominal uncomfortableness" should be regarded as the forerunner of actual cholera, and that, at that point, quietude is a prompt, perfect, and permanent cure. Dr. Rees is a veteran in the Medical Profession, an author of celebrity, and of large and long opportunities of observation,-and these, combined with a classical education, entitle his opinions (as they really receive) to the respectful consideration of educated practitioners, and he, and Dr. Mott, and Horace Green, and Mussy, and Warren, and Jackson of Philadelphia, are the very men who ought to have come forward long ago and popularized the nature, first symptoms, and the un-medical treatment, while waiting for the physician's arrival. The public has honored and enriched these men, and had a right to look to them when the scourge came; but, as far as I know, they have kept in the shade, while younger men have been afraid; and thus, without a light or a guide, the people have died grasping at straws. which anonymous scribblers and ignorant or unprincipled

vendors of cholera preventives and cholera specifics have thrown in their way.

Another last word as to the value of calomel, alone, in cholera. Taking allopathic practice as our guide, may we not cull out a seventh first principle in the management of Cholera, as follows: Very few, indeed, of regular practitioners ever attempt the treatment of a single case of cholera without the use of calomel, or of mercury in some other form; some combine opium, others use calomel alone—both are unquestionably successful. Cannot the unprejudiced general reader see, then, that after all, calomel is the efficient agent,—and, inasmuch as opium undeniably produces fatal effects, sometimes in the form of convulsions, congestions and water on the brain, while by detaining the calomel in the system too long, it causes salivation, mercurial fever, loosening the teeth, eating away the gums, and sometimes large holes in the cheeks of children, which nothing but death can arrest,-I ask the simple question, is it not imprudent, to say the least of it, to advise any one not a physician to take opium in any form, or opium in combination with calomel, for cholera, or anything else, unless the physician is by to superintend its administration? What I glory in, as a medical practitioner, is to be on the safe side my motto, from earliest practice, has been, rather let a patient die without medicine, than with too much.

I know of no paper published on the subject of Cholera, which has been so largely and so generally copied from, as that of our August Number. Physicians from different parts of the country have applied for it. The secular newspapers have, as far as I have seen, given it a unanimous and friendly commendation; while the Medical press has also regarded it with favor, one of them declaring, that as a general rule, "there could be no better practice," and that "it is greatly to be preferred to any newspaper article" that has come under its notice. To my medical brethren I desire to say, that they will be disappointed in it. It was not designed to instruct them, but to present to the people for practical observance, some general, main principles, intuitively seen, readily understood, and easy to be remembered. Medical men entertain different views as to the theory of the disease,—but that is pretty much like the "how" of the origin of a fire; the fire is there, and

all agree that water must be applied to put it out. So all classes of physicians admit that the "looseness" must be speedily arrested; and the main reliance of legitimate medicine is calomel and its combinations. Where I stand out from them, is in the manner of using the calomel. Now, there is something so curious in this, that I wish to draw editorial attention to the subject; for it must be admitted, that a new profession has arisen among men, and that the Press vies with the Pulpit in the regulation of the world; reforms cannot progress without its aid-prejudices cannot be annihilated, and newer and more truthful views substituted, without its cooperation. Christian men, especially, ought to understand that a united tripod will sweep before it the Faculty, the Pulpit, and the Bar, as the whirlwind sweeps the chaff of the threshing-floor; and the time has already come when young men should be educated for the sanctum with as much directness as they are educated for law, physic, or divinity. It used to be said, with resistless truth, "like people, like priest;" and not less so is it to-day, as the papers, so are the people. For example, look at German newspapers-look at German principles in the United States, -infidel in sentiment, they openly propose in practice the abolition of the Sabbath, the marriage tie, and, in effect, all commercial municipal law. But what has this to do with Cholera? Much, every way. I want the Press to understand its position, its power, and its duty,—and, feeling its high responsibility, lend me a hand in ameliorating human suffering, by widely diffusing correct and consistent views as to the nature of a disease, which, since its malignant appearance at Jeddore, in eighteen hundred and seventeen, is estimated to have destroyed about eighteen millions of the human family. Let the press, then, join in diffusing knowledge among men, as to four great points: The NATURE, THE CAUSES, THE PREVENTION, THE EARLY TREATMENT of Epidemic Cholera.

Its Nature, a weakening condition of the bowels.

Its Causes, dirt and intemperance, in eating, quite as much as in drinking.

Its Prevention, cleanliness, temperance, and a quiet mind.
Its Early Treatment, quietude, and the prompt call of a physician.

I believe that on these four points there is a perfect unani-

mity among all classes of physicians, everywhere; but the people, the masses, somehow or other, do not feel its truth, and that is because they have not been informed with a precision and consistency sufficient to arrest the attention and secure the assent of the understanding.

Another reason for the digression made awhile ago, is, I wished the attention of editors drawn to the fact, that while a proper self-respect and common policy should prompt them to leave purely medical questions to be discussed by medical men, yet there are some points, of a practical character, upon which they may very properly exercise a dignified and judicious observation, and one of these points is the administration of calomel in cholera.

If I were attacked with undisputed cholera, I would do four things:

1st, Lie down; 2d, eat ice, if thirsty; 3d, bind a piece of woollen flannel tightly around the abdomen; 4th, take calomel.

This fourth item requires a more extended mention. I would take an amount supposed to be sufficient. If it did not arrest the passages within two hours, I would double that amount, and continue to double each last dose at the end of each second hour, until the disease was arrested.

Now it is the reason for this, to which I wish to direct editorial attention, as entirely competent to decide whether the practice is wise or not.

Since calomel, or calomel with opium are given as a standard prescription in allopathic practice, and both with success, it seems plain that calomel is the efficient agent.

Dr. Jackson, who, for a long period, was in the service of the Hon. East India Company, says, that pure calomel was "a leading, indispensable remedy in the treatment of malignant cholera, none other being thought of in India," where the cholera has raged with all its terrible malignity for more than thirty-five years.

Why, then, do some physicians in this country combine with the calomel some form of opium? To "anchor it," they express themselves; to hold it in the system; to keep it from passing off without accomplishing anything. The argument is this: a small force held on, against a larger force at once applied. Fire makes water boil—a greater fire makes it boiler. The East India practice, where cholera is seen in a more furiously malignant form than can be witnessed here, is to increase the force of the agent—that is, give larger doses; and if near forty years' experience, in the most violent forms of the disease, has led to the general adoption of the practice, in the most enlightend part of India,—that is, under the more immediate eye of the East India Company,—the fair presumption is, that being "the" practice in severer forms, it is the better practice in milder cases.

But why do not physicians here increase the force—that is, the quantity of calomel? They are afraid. I do not mean to say of my brethren, that they are afraid of popular prejudice, or of pecuniary loss by abatement of practice,—because the true physician knows no mortal fear; it is the fear of humanity, that he may injure his fellow-citizen, his neighbor, his friend, who has placed his life in his hands—higher confidence than this, can no man place on earth. But what is he afraid of? The baseless labric of a vision.

The ground of this fear is, that by a few grains of calomel, comparatively speaking, consequences severely injurious have sometimes taken place-effects which last for life; reasoning, that if a small amount of gunpowder occasions disastrous results when fire is applied, a greater amount of powder would be attended with proportional injury. Reasoning by comparison is always dangerous. A gentleman, reading the August No., concluded he would carry a few ten-grain calomel pills in his pocket, and applied to a German apothecary to put up half-adozen for him. "What are you going to do with ten-grain calomel pills?" in evident astonishment. "I will swallow them, if necessary." "Are you going to kill yourself?" And when it is remembered that German apothecaries are scientific men, educated expressly for the purpose, the reader may see the extent of the general prejudice when it pervades the intelligent classes.

Will any physician in New York, or out of it, who opposes ten, twenty, fifty-grain pure calomel doses, inform me by mail, at my expense, if he ever knew a man to take a hundred grains of calomel at a time; if not, then all that he imagines as to large doses of calomel being injurious, is purely hypothetical.

Calemel in a man is, in some respects, like sugar in a cup of

coffee: you can sweeten the coffee to a certain point—beyond that you cannot go; the coffee takes up no more, and the sugar falls to the bottom, and no use is made of it. In a state of cisease, the human system will take up a certain required amount of a single dose of calomel, and will take up no more; the remainder is hurtless and useless, and passes from the system mainly unchanged. This was the principle adopted by John Estin Cook, our honored preceptor, who had, in our opinion, one of the greatest purely medical minds of this or any other age or nation: but he was considered, on the subject of calomel, as mad as a March hare, or as the Apostle Paul, and for the same reasons, that is Paul, not the hare:

1st. He was fifty years ahead of his time.

2d. He, like most minds of mark, was not understood. The fog of prejudice was so thick, that his express declarations would be interpreted to the very reverse of his intentions. The impression became so general, that he "gave so much calomel," he was scarcely able to make a living by the practice of his profession. The same is said of the immortal Harvey. The actual facts were, that in any given case, he would, in the course of his treatment of it, give less calomel than other physicians. "Young gentlemen," he would say, with his manuscript lecture in one hand, and his spectacles astride the fore-finger of the other, sawing the air with great earnestness, "the difference between us is this: I give a man a single dose of calomel -you call it a large one-and I cure him up in a day or two; you give a little at a time, often repeated, and at the end of many days he is convalescing,-you, in the mean time, having given in the aggregate five times as much as I would."

In general practice, he did not often give more than five or six grains at a time; but in urgent cases, where danger was imminent, he was a perfect Napoleon—he feared nothing when his patient's safety was involved—and I have known him to give from one hundred to three hundred grains of pure calomel at a single time, with the most triumphant success, in the restoration of the patient to perfect health, without salivation or any appreciable subsequent ill result. It is known, too, that Southern physicians, thrown as they often are by frequent and great exposures, into desperate situations, have been known to grope their way at midnight to the calomel jar in their

offices, and catch it up in their fingers, as men do flour from a barrel, and swallow it down, and be visiting their patients within the next twenty-four hours. If the reader will turn to one of the old dispensatories, he will find that five grains of the sub-nitrate of Bismuth was considered a dose which might be! increased gradually to twelve or fifteen grains at a time; and it was considered dangerous, because poisonous, to go much beyond that. I use it in certain forms of loose bowels, in doses of a teaspoonful, or a hundred grains, three times a day, and that with admirable advantage, apparently without any medicinal effect whatever, seeming to do good by acting as a mechanical coating over the tender surface of the intestines. And yet for generations it had been dribbled out in doses of five and ten grains,—the tyrant AUTHORITY wielding, as it always does, the sceptre of a despot. Here is a case parallel with that of calomel. Men have drawn back with consternation at large doses, without ever having had the courage to take or give a large dose, and see for themselves what its effects would be, basing their practice on mere conjecture from the effects of small doses, or in combination with other remedies.

In an able historical article in the New York Herald of the 2d August, the writer says that he "was, at one time, in 1834, attacked in a most violent manner with Asiatic Cholera, when he took about six or seven even teaspoonsful of calomel before one remained on his stomach. Reaction then commenced, and he was next day enabled to walk out. The only external remedy used was the temporary application of a mustard plaster over the stomach. The only inconvenience he felt was a slight ptyalism, from his susceptibility to the influence of mercury. But this was nothing to dying. He then tried the same treatment in other violent cases with the most uniform and perfect success. In 1840 he experienced another attack of cholera in Liverpool, and again cured himself by similar treatment. He became acquainted with Dr. Jackson, who had enjoyed great experience in the treatment of the disease during a long period in the Hon. East India Company's service. He informed us that the calomel practice, in the form and manner we have described it, formed the most successful practice of any other."

While such are my sentiments as to giving calomel, largely, in desperate cases, I do not advocate its free use in general practice, where I have seldom given over four grains at a time, and not oftener than once a week; and with certain nauseants not necessary to be named in a popular Journal, I find that it does not fail once in a thousand times to act within the twelve hours, and hence nothing is given afterwards to carry it off, as it takes care of itself. It is the weak-minded admirer of a great theorist who runs the principle into the ground, making the step from the sublime to the ridiculous so short, that the prejudiced and the hide-bound "have it all their own way."

Gentlemen of the Press, having taken a common-sense view of the statements I have made, do you feel prepared to abide by the pure calomel treatment, administered with a bold hand, in case you are seriously attacked yourselves? Then let me arm you with a succinct statement of the advantages of it.

1st. Calomel is tasteless, and therefore can be easily taken by small babies and grown ones.

2d. It will remain on the stomach when even water is ejected with a powerful force the moment it is swallowed. Can't you see the utter inutility of every other remedy, of even a specific that would cure every case in ten minutes after it was swallowed, when you can't keep it in the stomach a half minute?

3d. Calomel costs almost nothing, is to be had at every drug store, and is furnished without charge at the dispensaries. What is the use of talking about the advantages of pure brandy to the multitudinous poor, who seldom have a shilling ahead? Then again, where is that brandy? Besides, every physician knows it will kill any man who relies upon it in any case of actual Cholera.

4th. A double or tenfold dose of calomel can't kill you. Death, simply by an overdose of calomel, is impracticable. But if you take an overdose of opium, in any of its forms, alone or with calomel, or with any other medicine, a very speedy death is certain; while in a quantity not considered a very large dose, it very frequently, when given for loose bowels in children, gives water on the brain,—and, in adults, causes convulsions, congestion, typhoid fevers, and death—death, too, in one of its worst forms,—allowing you to linger for hours and days in an unconscious stupor, and in that state to pass

from all we love. Let not such a death be mine; let my eyes be open, and my intellect as clear as the dewdrop of the morning, when that great hour comes to me.

Trusting that what I have said will invite the unprofessional reader to reflection, to think for himself, and that medical men may be stimulated to renew their investigations, with a view to more truthful and more practicable ideas on a subject which involves the lives of unborn millions, I here introduce two or three articles from other sources, not endorsing what is said of anodynes, stimulants, or the infinitessimal dilutions. the last being as yet a terra incognita, an unexplored country, a domain where I would like to travel, had I the time which thousands have so much of, yet do not use, except in studying how to kill it often. What a murder-what a profanation. am inclined to think there is something in Homeopathy; for, as far as my observations have gone, it acts on the principle of the bread-pills of the regulars—they give their bread-pills with a serious face and a confident anticipation of good results; and I see no reason why the little white ones should not do as well -they certainly go down easier.

# POPULAR TREATMENT OF CHOLERA.

Suppose our profession should arouse and make a combined movement to help the community to an accurate discrimination of the disease in its early stage. Why don't our editors instruct the public? The distinction between Asiatic Cholera and common domestic diarrhea is palpable and easy, and every man can carry that distinction in his memory. Cannot an uneducated man tell certainly if he has an evacuation which is copious, watery, colorless, painless, and inodorous? Any man of ordinary talents can ascertain, in two minutes, that something has happened to him which he never experienced before. I said painless. It is this quality of the evacuation which leads men to the amazing apathy so common, and permits them to let hours, even days elapse before the physician is at his post.

As this Asiatic destroyer has now become Americanized, our people must be able to make an early discrimination, and our profession must learn how to prevent the fatal collapse. Why will not the editors instruct their readers that they can better afford to lose a pint of common red blood than a pint of

this colorless blood of cholera? How hopeless is the state of the patient from whom gallons of liquid, colorless nutriment have escaped!

If the editors, and especially my medical brethren, could feel as I do on the subject of incipient cholera, and lend us their facts and thoughts through the medical journals, in short, condensed paragraphs, my hopes would be answered.

Having been watching every movement since this disease first broke out near Calcutta, in 1817, I have seen no scheme so rational as that fixed on by the Army Board of Surgeons of Bengal, and, according to reports, more successful when taken in the early stage. It consisted of heroic doses of calomel, combined with opium sufficient to anchor the calomel and retain it in the bowels. The formula was a combination of 15 grains of calomel and 4 grains of opium. Possibly it was five grains of opium. Fifteen or twenty grains of calomel every four hours, with opium only sufficient to control the bowels, must have a powerful and rapid effect in changing the secretions. But if every business man would keep a powder of the above description in his pocket to swallow if occasion required, it would scarcely do harm, and would greatly aid the efforts of the physician employed.

M. L. NORTH.

Saratoga Springs, July 6th, 1854.

# BODENHAMER ON CHOLERA.

The following article in relation to the Epidemic Cholera, as it appeared in New Orleans in the winter of 1848, is from the pen of Dr. Bodenhamer, now of this city. It is copied from the Louisville Democrat of June 12th, 1849. Dr. Bodenhamer has retired from the general practice of medicine altogether, and is now consulting surgeon for fistulous affections and kindred ailments, therefore what he says may well be regarded as the unbiassed observations of a lover of truth.

Gentlemen:—As our city may sooner or later be visited by the malignant epidemic which is evidently on our borders, permit me to make a few practical remarks relative to its causes and its prevention. It is not my intention to enter into any protracted scientific details or analysis, but merely submit

such reflections as have occurred to my mind since my return from New Orleans, where this dread scourge prevailed in a most fatal form for some time previous to my departure.

The local predisposing causes of malignant cholera are so well known, and have of late been so ably discussed here, that it is scarcely necessary to repeat them. A marked combination of these was eminently conspicuous in that unfortunate and afflicted city, inducing the "epidemic constitution," and tending greatly to develop the disease there, both in numbers and in intensity. For some time previous to the outbreak of the malady, and during its early prevalence, the mercury ranged at summer heat, varying sometimes within the twenty-four hours a few degrees above and below that temperature. There was most of the time a drizzling, soaking rain, which completely saturated the earth, kept the streets in a most miserable condition, and drenched all who were exposed in the open air. Indeed there was a diversity of climate, of season, and of other causes, during the time, sufficient almost for the production of any disease. The streets, the alleys, the yards, the levee, the lots, &c., were in a most shocking filthy condition, filling the atmosphere with a poisonous exhalation unsurpassed, perhaps, by the banks of the Ganges; so much so that the effluvia and the emanations of the city became a subject of general complaint and of universal notoriety. Now, it is an admitted fact, that nothing so powerfully predisposes to malignant cholera as the combination of humidity with impurity of the atmosphere; humid and contaminated air being the medium in which the poison chiefly lurks and propagates; hence, in no other city, perhaps, in the United States, was the disease ever so fatal in proportion to the number attacked, and perhaps no other city in our country was ever so notoriously deficient in hygienic precautions and in sanitary measures.

The appalling mortality, however, at the Charity Hospital, was obviously owing to the exposed state of the patients previous to admission, and to the fact that none but the worst cases, from among the poorest and most abandoned or degraded of the population, were taken there. They were persons of exposed life, of intemperate habits, and who subsisted on miserable or raw kinds of food, and who entirely neglected

the premonitory stage of the disease. There being no other institution in that large city in which the indigent could be admitted, many of these poor and unfortunate creatures had to be conveyed in open vehicles for upwards of a mile, under the influence of alarm and exposed to the inclemencies of the weather, and to the jolting motions of a cart or dray; all of which are well calculated to increase the diarrhæa and precipitate the state of collapse: hence many cases were admitted some hours after the disease had been fully developed, the pulse being imperceptible, or nearly so, the skin cold, damp and livid, and the features sunken.

The deplorable state of things that existed at New Orleans, on the advent of the epidemic there, should admonish us to guard against, and to avoid as much as possible, the same causes. We, as well as our municipal authorities, should remember the important fact, that this mortal disease acquires magnitude and strength in proportion to our ignorance and neglect of its causes and prevention. It is true the constituted authorities of our city cannot bar-out cholera by any quarantine regulations, however rigidly enforced; they cannot limit it by cordons and by baricades, but they can do very much to weaken its force, if not prevent it altogether, by adopting and rigidly enforcing good and substantial sanitary measures. They can give us uncontaminated air and pure water, by giving us clean streets, clean alleys, clean yards, clean sewers, &c. They, however, already deserve the highest commendation for their valuable and praiseworthy efforts towards the accomplishment of this all important object; the beneficial results of which, I am well convinced, will be very evident. very apparent, whether the epidemic visits us or not. They only need, for the completion of their excellent regulations, an efficient plan for checking the ravages of the disease amongst the poor and unfortunate-for the rich will take care of themselves-and that is, the establishment, at the first outbreak of cholera, of temporory ward hospitals or receiving houses, with properly qualified physicians to attend to them. These houses should be sufficiently numerous, and at such distances as to allow as little time as possible to be lost by those who are attacked.

As it is now a settled point that cholera is not a contagious

disease in the strict sense of that term, and as its causes and its propagation are now rendered so much more definite and uniform, having been subjected to the keenest discussion and as its treatment, likewise, is now so much better understood by the profession-what good reason can be assigned, then, for the great excitement and the great alarm which so usually prevail wherever the epidemic appears? It must be evidently owing in part to the rapid and fatal effects of the disease, but doubtless much more so to the unmanly fear of contagion, which always brings alarm and terror in its train, producing a panic or species of "choleraphobia," which is scarcely less to be dreaded than cholera itself, being a powerful predisposing cause. Let no person then be frightened into cholera by unnecessary excitement, fear or alarm, but let each one have a firm and an abiding belief that it is entirely in his own power to prevent an attack, by attention to diet, to warm clothing, to cleanliness of person, to the use of baths and other means of ablution, to moderation in exercise, both mental and corporeal, to the ventilation of sleeping apartments, to the avoidance of undue exposure in wet or damp clothes; and, in short, to everything that conduces to tranquility of mind and to soundness of body. By observing these strictly, with a hopeful disposition and a peaceful and cheerful conscience, a person may with propriety consider himself comparatively secure from an attack. All should reflect seriously how much easier it is to prevent than to cure cholera. The idea, however, of preventing an attack by taking any medicine whatever, when feeling perfectly well, is too absurd for a moment's consideration. Nothing is better calculated to invite an attack than such a pernicious practice. In what better condition could a person be to resist disease than in perfect health? But during choleraphobia many persons are not satisfied with this; they must needs be teazing their stomachs continually with some villainous compound or other to make themselves better than All such should remember the significant epitaph inscribed (at his own request) upon the tomb of the Italian Count, who, like themselves, experimented with his health under the apprehension of disease:

"I was well;
Would be better;
Took physic,
And died."

The best preventive is to pursue a temperate course in all things, shunning all cholera medicines as preventives while in health. As soon, however, as any of the symptoms of the disease appear, then, and not till then, should any medicine be taken. The patient should at once send for his own family physician or for some one in whose skill and knowledge he has full confidence, for faith and confidence are powerful adjuncts in overcoming disease. The advice of such a physician should also previously be obtained with regard to the domestic treatment of this malady in its earliest stage, in case of sudden attack and while waiting for him. The premonitory diarrhea, almost invariably a precursor of the disease, may, however, often at once be arrested by remaining at home, maintaining the recumbent or horizontal posture, living on crackers and tea and taking some very mild medicine. Nothing will so soon check this diarrhea, or any other, as confinement to bed, external warmth, perfect quietude and starvation, with some of our common opiates, cordials or astringents. The constant attendance of a physician is, however, indispensably necessary in all the stages of this fearful, rapid, and too often fatal disease; for to counteract it, the treatment must be prompt, the medicine must be quick, powerful and permanent in its effect. It must be quick, lest the disease shall have progressed beyond medical jurisdiction; it must be powerful, lest it be carried before the progress of the disease as a straw in the current of the ocean; and it must be permanent, lest the disease, after a short and deceptive remission, return with greater violence than at first.

It is injurious to make any great change in the ordinary mode of living, with the exception of fruit and vegetables; and reason and experience dictate the propriety of refraining from these altogether, or to be very sparing indeed in their use. Vinous, malt or fermented liquors should be avoided, but the very best quality of brandy, rum, gin, or "old Bourbon" might, in moderation, be used. It is, however, very far from my wish, by this, to recommend intemperance, either directly or indirectly; but I do not hesitate to state that the occasional use of such stimuli might be found highly serviceable during the prevalence of this mortal pestilence. I need hardly remark, that the habitually intemperate lose

all the benefits of this remedy. The use of large quantities of fluids during the epidemic is also objectionable; therefore, persons should be careful "not to take too much water in their brandy." No purgative medicines whatever, (especially the saline) unless absolutely necessary, should be used for the purpose simply of obviating constipation of the bowels. This condition, if possible, should be obviated simply by diet and by injections. Persons should also shun as they would the pestilence itself, all cholera nostrums of which they neither know the nature nor the composition; and should physicians recommend such articles to their patients without any knowledge, they would thereby indirectly admit that they themselves had no confidence in their own prescriptions, and that they were ignorant of the healing art.

With many apologies for having occupied so much space, I

have the honor to be,

Gentlemen, your obedient servant,

W. BODENHAMER, M. D.

As our Journal is taken in some families who favor Homœopathy, we publish for their benefit the following article entire. It certainly contains sound advice, and may be safely and profitably followed by all, provided every effort is made to ensure the earliest attention of a physician:

HOMEOPATHIC INSTRUCTIONS FOR FAMILIES WITH REFERENCE TO THE CHOLERA.

At a meeting of the Hahnemann Academy of Medicine, held July 16, 1854, the Committee on Cholera reported the following instructions for the domestic management of this disease:

- 1. Avoid crowded assemblies and crowded sleeping apartments, and as much as possible shun the presence of filthy persons, for the disease is mostly developed in crowded dwellings, ships, prisons, camps, &c.
- 2. Observe cleanliness of person and enjoin the same upon your household.
- 3. Dwellings—especially the sleeping apartments—should in all cases be thoroughly ventilated.

4. Pursue your ordinary course of diet, observing some moderation as to vegetables and fruits. Night meals are to be avoided. Regularity in the hours of eating is very desirable. Alcoholic drinks are objectionable, the intemperate being particularly liable to this disease. Ice-water and ices should be used with extreme moderation. Articles of diet known to disagree with the regular action of the bowels should be most scrupulously avoided.

5. Avoid mental or bodily excitement or fatigue. Keep the

person warmly clad.

6. Cathartics and laxatives must be wholly avoided. No means should be taken to remove constipation, except such as are prescribed by a physician. The use of laudanum, opium, or cholera mixtures of any kind is hazardous.

7. It is better to take no medicine as preventative of cholera, but the slightest derangement of the bowels should be met by

appropriate treatment.

8. Should there be oppression or sickness at the stomach, shiverings or dizziness, with or without relaxed bowels, *Ipecae* of the second or third trituration or dilution, may be taken every two or three hours.

9. If there be watery looseness of the bowels, with or without nausea, pain or cramps, take one drop of *Veratrum*, first dilu-

tion, every half hour or hour.

10. If the diarrhea should become profuse, with or without pain or vomiting, discharges very frequent, being watery or resembling rice-water, with or without cramps, coldness, and blueness, with rapid sinking, take one or two drops of the spirits of camphor every five or ten minutes until reaction takes place.

From the moment the diarrhoan becomes urgent, the patient should go to bed and be well wrapped with blankets. Bottles of hot water should be applied to the feet, and medical aid at once be summoned. No external use of camphor is advisable

while other remedies are employed.

Published by order of the Hahnemann Academy of Medicine, New York, July 17, 1854.

# THE HUMAN TEETH.

I have to record here an example of the success of genius, added to that indomitable perseverance which genius only can command, in reference to the subject which heads this article. I do it the more readily, as in one of the first numbers of the Journal an intimation was given that an occasional page would be devoted to the preservation of the Teeth, as an important means not only of preserving the health, but of maintaining personal beauty. Has the reader ever seen Queen Victoria, and a ——squirrel? What would she not have given to have had a set of teeth less like the front ones of the lively little animal named?

· Some long years ago, I knew Dr. A--- to be laboring after the ne plus ultra of dentistry; but week after week, month after month, year after year, he labored on in his little workshop, where the white heat of his furnace seemed almost sufficient to burn his eyes out or blind them with its glare: and, whether in December or July, there was the same toil,—the same cheerful hopefulness, if not actual confidence of success, as his motto seemed to be, that "what ought to be done, could be done," and that he was going to do it. Since I knew him to be thus engaged, he has grown bald, and age and wrinkles have come, but they have brought with them an enduring triumph. But, after all, what is it? He has found a silicious compound, of an exactly equal linear expansion and contraction, under the application of heat, to that of the metal upon which it is fused. Now, this is worse than Greek to the unscientific reader; but if he should live to the age of sixty years, or more, and does not care to look as old by a score or two, then this discovery will be to him a truth whose value in agreeableness and satisfaction cannot be accurately computed. The result of this discovery and invention, for it is both, is simply this: that false teeth can be made, including gums, more beautifulbecause more regular—than the natural ones, more durable, more untarnishable, and more indestructible than they. These teeth can be used with comfort in eating; the acids of the mouth cannot corrode them, while the teeth themselves are so strongly clasped by the artificial gum, that it is altogether impracticable for a particle of food or the most penetrating liquid

to get between them; hence, the mouth and the breath can be kept sweeter and cleaner than if the teeth were all natural. This close-fitting has never been accomplished before, because of the different expansibility of the material of which the teeth were made, and that into which the teeth were fitted,as also of the artificial gum which was used to bind them together. In fact, a set of artificial teeth, with gum, is made, which for beauty, endurance, cleanliness, distinct articulation, comfortableness in mastication, expression, length, form and shade, has never been equalled in this or any foreign country I have ever visited. As a matter of personal convenience, agreeableness, and satisfaction to those who wear them, the discovery is literally invaluable; and if the inventor could only be induced to lay aside the diffidence which is inseparable from true talent, a career of successfulness would open before him which would satisfy his largest desire. The whole Dental world, if they could see its full truth, will be delighted to know that-

Dr. John Allen, of Bond-street, New York, has made a discovery by which Artificial Dentures can be so constructed, that in point of strength, cleanliness, life-like appearance, and adaptation, a degree of perfection has been attained never hitherto equalled. None of the ingredients employed admit of being tarnished or corroded in the mouth, while the fusing substance, capable of any desired tint of artificial coloring, renders the whole as firm as a solid bone: and, when necessary, can be so formed as to restore sunken cheeks to their natural rotundity, and can be worn without appreciable discomfort, being kept in place wholly by atmospheric pressure.

# CHEERFULNESS.

Reader, if you would be loved by those around you, be cheerful,—it will be like sunshine upon the clouds. Cheerfulness qualifies us the better for society, promotes health, enlivens beauty, lengthens life, and increases usefulness. A cheerful face may hide a bleeding heart; but grief ought sometimes to be forgotten in the desire to hide our own sorrows and bring sunshine instead of shade to those we meet;—thus we shed a pure ray of joy on our own path, and lighten life's journey to others. Be buoyant, then,—look on the bright side of the picture—cheer up yourself and those around you too. What a treasure is a house made happy by each member of the family contributing a pleasant smile and a cheerful look,—bringing peace and quietude and gladness where clse contentions reign. The writer has often felt that the happiest hours of her life were those spent at the evening fireside, surrounded by her little family, engaged with book or work, teaching them cheerfulness, contentment, and piety—thus preparing them for usefulness here, for a dying hour, and the Judgment Day!









# HALL'S JOURNAL OF HEALTH.

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[NO. X.

# OUR FOOD AND DRINK.

It is worth the effort of a lifetime, to be able to die well; to die without pain, and in a well-grounded hope of happiness beyond. To die without pain, we must live in health, and live a long time. As a very general rule, those who live to great age, pass away without apparently suffering, as if they were going to sleep. The great secret of a long and healthful life, lies in the judicious use of what we eat and drink. What is "judicious," we propose to discuss; but not in such a way as to dictate dogmatically what this or that one shall use, but to let each one decide for himself, under the guidance of a few general principles, founded on observed facts, not on imagined fallacies.

On the sixth day of June, eighteen hundred and twenty-two, a robust, hearty French Canadian of eighteen years, was accidentally shot in the left side; the wound healed, but left an opening in the stomach, which allowed the physician to see at any time what was passing inside, and for the space of fifteen years, a great variety of experiments were made and observations taken; and, in the light of these we make our way.

In clear, cool, dry weather, a thermometer introduced into the stomach, settled at one hundred degrees *Fahrenheit*. In raw, damp, cloudy weather, it remained stationary at ninetyfour.

One point gained, then, is, that the temperature of an empty and healthy stomach in good weather, is about one hundred degrees.

Soon after a meal is eaten, the temperature of the stomach is slightly increased, digestion goes on healthily and well, and in four or five hours, the stomach is empty again. By diges-

tion here we mean that what was eaten, whether meat, bread, vegetables or other food, is gradually changed, until it becomes whitish, and thinnish, and sweetish, like milk; it matters not what we eat, or of how many different kinds, it is the same in color, taste and consistence, that is, when digestion is healthy. When digestion is not perfect, the food ferments, becomes sour, rises in the mouth, generates wind, causes belching, and the like familiar symptoms. Digestion being a process of nature, whatever arrests digestion, is a direct interference with nature, always does wrong, and if persevered in, destroys health and life, inevitably.

It was further observed, that cold water, swallowed during the progress of digestion, instantly arrested it, and the process was not resumed, until the water had been there long enough to be warmed from the temperature at which it was drank, to that of the stomach; or from some forty degrees, to a hundred; to accomplish this, the heat must be abstracted from the general system, chilling it. Strong, robust persons may not feel this, but if a man in feeble health drink cold water at a meal, at all largely, he rises from the table chilly, and soon has fever, while the stomach being kept that much longer at work in digesting the food, loses its vigor, the digestion is imperfect, and the food becomes impure, thus laying the foundation of disease. The inevitable inference from these facts is, that

# COLD WATER IS INJURIOUS TO HEALTH,

if taken at meals. Injurious to the most robust, if taken largely, and to persons in feeble health, if taken at all, beyond a few swallows at a meal.

I therefore set it down, as a clearly established fact, that a glass or more of cold water, drank habitually at meals, or soon after, is a pernicious practice, even to the most healthy.

Injury is done in another manner; water, or any other fluid, dilutes the gastric juice, and thus weakens its power to dissolve the food. The amount of gastric juice is not lessened, but its power is diminished by its dilution. The finger will be scalded by dipping it into a vessel of boiling water; but if an equal amount of cold water is added, it may be thrust in with impunity, although there is as much heat in the mass as before; but it is more diffused. A glass of brandy will almost

strangle a person not accustomed to it, but if largely diluted, it gives no discomfort, although all the brandy is there that was there before. We have then made another advance, that

Any kind of fluid largely taken at a meal, or soon after, is

positively injurious to health.

Largely, is a relative term. An advance of fifty per cent. in the price of any thing is "large," and when it is remembered that but a few table-spoons of gastric juice are furnished at a meal, a glass of cold water, or two or three cups of coffee or tea, is a "large" amount of fluid for one meal. Thus, a standing item of advice to my patients is—Take but half a glass of water at a single meal, or a single cup of weak coffee or tea, never increasing the strength or quantity, and drink nothing within an hour after eating.

If cold drinks are injurious at meals, cold food is for the same reason also injurious; thus it is, that some of the most terrible forms of disease are brought on by persistence in eating cold food, exclusively, especially in winter time. If cold fluids are injurious at meal, we naturally conclude that warm fluids, in moderation, are beneficial, and rightly so. The young of the animal creation are furnished with sustenance warmed by nature; and the choice morsel is warmed in the beak of the parent bird, before arriving at the nest of her young. We instinctively, almost, prepare something warm for the weary or the invalid, hence the virtue oft times ascribed to drinking milk, warm from the cow, not a very palatable idea, it must be confessed. It then follows, that

If we drink any thing at meals, it should be first warmed. We may safely admit, that the universal custom of a country is founded on common sense, common sense being the teachings of experience. Common consent, and the experience of the civilized world is, that a cup of good hot coffee for breakfast, and a cup of good hot tea for supper, is "wholesome." If a person is prejudiced against "store tea and coffee," then any of our common garden herbs may be substituted, as balm, sage, sassafras, and the like; it is the warmth that comes first in importance, and there must be the taste of something palatable in it, or the stomach will loathe it. I am well aware that some persons consider tea and coffee poisonous, as did an enthusiastic young "theological" at New Brunswick, a few

years ago, and demonstrated it, as he thought, to the old Domine, then in his eighty-sixth year, and still an efficient laborer in the vineyard. "It may be a poison as you say," replied the old veteran, as the sly mischief twinkled out of the corner of his eye, "but it must be a very slow poison, for I have taken it regularly night and morning for these eighty years, and am, as you see, not dead yet." The same has been said of Dr. Johnson.

But how comes it that so many sensible people believe that tea and coffee are poisonous? Just as they have come to the adoption of any other fallacy. Somebody who had nothing else to do, imagined it, then hunted up facts and parts of facts to prove it; and what with adding a little to one fact, and suppressing from another, a really plausible case was made out, to every reader or hearer, who had rather admit a statement, than take the trouble thoroughly to sift its truth, and there are many such.

The first temperance lecture I ever heard was before an oldfashioned temperance society, when they allowed us to drink as much cider, and beer, and ale, and wine as we pleased, only the stronger sorts were forbidden, such as whisky, gin, rum, brandy, and the like. The main argument ran as follows: "Spirituous liquors were composed of certain elements, and these elements in larger quantities, were found in the most deathdealing-poisons." We were old enough then to understand, that the air we breathed contained oxygen, add a little more with water, and it became aqua fortis; the shallowness of the argument made such an impression, that we never attended a temperance lecture afterwards, except once to hear Barnum, when it was the man who drew, not the subject. The consequence was, that we have never joined any of the temperance societies of the times, and never will, unless we somerset hugely; not that we are enemies to temperance, or friendly to the habitual use of spirituous liquors as a beverage. But we never have been personally friendly to the "temperance principles," so called. We have always considered it unmanly to give "the pledge," anti-Christian,\* and inefficient. Unmanly, because a true man, that is, a man in moral courage,

<sup>\*</sup> Not un-Christian, but simply opposed to the spirit of Christianity.

and a man in Christian principle, has always that self-command, which will control his actions at the moment it becomes necessary to act. If it is only the rod of a pledge hanging over him, which restrains him, then is he virtuous not from principle, but from compulsion, and consequently not virtuous at all. My idea of a true man is, one who is prompted to act right, when the moment for action arrives, purely because it is right, and he loves right acting.

I have considered it anti-Christian for any church member to join a temperance society, because it is an implied acknowledgment of the inefficiency of the Christian system to meet the emergencies of the age; whereas, I believe His "command is exceeding broad," embraces every good principle, and will reach every emergency of man, to the last hour of recorded time.

For outsiders, it may be proper enough to join a temperance society, founded on true principles; but for a church member to do so, is a degradation of his profession; for when a man professes to be a Christian, he professes to be and to do all that he is capable of, in the way of right, and higher than this he cannot go.

I do not think that it required much sagacity to foresee that drunkenness was not to be rooted out of the land by all the paraphernalia of badges, and pledges, and processions of teetotallers, Washingtonians, "Sons," "Daughters," and the If we needed proof of all this, beyond what our own observation affords, the reported assertion of Gough, the Napoleon of temperance, is confirmatory, that of the five hundred thousand who have taken the pledge in the United States, four hundred and fifty thousand have violated it. Another great fact, elicited by the excise statistics of Ireland, is, that in eighteen hundred and fifty-three, more liquor was consumed in Ireland with a population of a little over six millions, than there was before Father Matthew administered the pledge to fanatical thousands, in a population of eight millions.

I lay it down as a universal and infallible fact, that success in accomplishing any great reform is to be attained in one of two ways-the individual must reform either from a high AND ABIDING SENSE OF RIGHT, OR FROM NECESSITY. to the temperance purpose, the end must be attained by the

high sense of right, on the part of Christians and others of high moral principles, and by the "necessity" on the part of all others, and that necessity is fundamentally

## THE MAINE LAW.

I believe that, at this age of the world, nothing can eradicate drunkenness and its myriads of woes but the Maine Law, in essence; and I believe its enactment and execution will. When the millennium comes, that is, when true religion generally prevails, no Maine Law will be needed.

While writing the above, the inquiry came across me, will not these announcements lose me subscribers? Styling it "anti-Christian for a member of the church to join a temperance society?" A classmate of mine, who sits in his little sanctum, and wields an influence throughout this wide republic, and will leave it to be felt long after he has passed away, said in a confiding hour, "I am afraid to publish all that I believe to be true." I wondered at it, too, for I knew him, just out of his teens, to brave the indignation of a class of three hundred young men, rather than make a pledge to some principle of a secret organization which he did not consider right. Has battling with the cold, hard world bowed his proud young heart; or has age brought with it its "fears in the way," its "policy," and its concealments? Alas, that it should be so! that we cannot remain through age, and penury, and sickness, and to the latest hour of life, the same proud, fearless, independent spirits we were, when glorious youth was ours.

If fearing to say what we believe to be true, in a proper place, time and manner, is a sign of age, then am I not old, then on the contrary am I growing younger, for constantly some new shackle is falling off me, and constantly is public opinion having less influence over me, because I have known public opinion to be wrong, and it was one of the secret promptings to publish this journal, to call in question some of these public opinions, for the purpose, not of denouncing, but of stimulating scientific reinvestigation as to health, bodily, mental, social.

Before this temperance digression we were legitimately discussing the subject of drinks in relation to health, and were saying that men had been led astray as to use of tea and coffee as they had been led astray as to other things, giving temperance as an example, that it had ran off into fanaticism in consequence of the ignorance of some of its over zealous unfledged advocates. The grand starting point of all the friends of "Temperance" so called, is that "a mere stimulus is useless and pernicious, coffee is nothing more than a mere stimulus, tea is nothing more than a mere stimulus: therefore, tea and coffee are useless and pernicious; it is a sin to practice what is pernicious, therefore the use of tea and coffee is a sin: no christian can possibly live in the habitual commission of any sin, therefore, to use tea and coffee is unchristian," so runs the argument as to the use of ardent spirits, and so as to slavery. However conclusive this mode of reasoning may be as to rum and slavery, it is evidently the reverse as to the use of tea and coffee, and demonstrably so, because the premises are false as to fact; hence all that follows, fails.

"Once upon a time," not very long ago, a party of men left Salt Lake City for St. Louis, with the United States mail, to be delivered at Independence or "St. Joe." It was winter. They found the prairies covered with snow, and finally their "animals" perished with hunger; at this stage the six men found themselves utterly destitute of food; the game had taken to the woods, there were no rivers, the ground was covered with snow, they were still hundreds of miles from their journey's end, while the bleak winter winds whistling across the wide prairies in unobstructed fury, froze them sometimes almost to the heart's core. All, absolutely all they had to subsist upon under these desperate circumstances, was snow water and a quantity of green coffee; this they burned and boiled in snow water, and upon it travelled for six days, until they reached a place of help. These are the bare facts of the case, as reported to government, and demonstrate that coffee, alone, is a sustenant, as well as a stimulant, that it contains the elements of nutrition, consequently it is not a mere stimulant, and all that has been said of "mere stimulants," is not applicable to it. Coffee then being of itself nutritious, capable of sustaining life for days at a time, under circumstances of severe cold and the labor of travelling on foot, and it being customary to use it with cream and sugar, which are themselves concentrated nutrients, and withal, being drank hot, the conclusion appears

to us legitimate as one of Euclid's corollaries, that coffee as generally used in this country is a valuable, nutritious, healthful and comfortable item.

Chemical analysis, has of late, under the direction of the most competent and intelligent minds of the age, arrived at the point just stated, and declares that coffee is a nutrient and that its essential principle, although one hundred and twenty-five per cent. less, is identical with that of the tea of commerce; and when facts, universal custom, and science, all unite in one point, surely we may feel safe, and hereafter take our cup of coffee and tea "in peace and quietness."

Reader, will you not show your gratitude for this comforting announcement by sending, by return mail, one dollar for the Journal for eighteen hundred and fifty-five, and another dollar for it to be sent to the address of your clergyman? We have other as comfortable announcements to make to you in the progress of the next year, but the January number of the Journal must have a messenger dollar or you will never see it more, out of New York city.

Having said so much about a cup of tea and coffee, it is proper to say something of its preparation. Individuals and nations have their preferences, but some things must be laid down as of universal application:

The first cup of coffee is the best.

The last cup of tea is the best.

Never take more than one cup at a meal.

Never increase the strength.

If it were a *mere* stimulant, then, after a while, it might, if not increased in strength or quantity, produce no sensible effect, might do no good, as brandy, opium or any other mere stimulant; but as tea and coffee are nutritious, the more so as they are used with milk and sugar, a cup of the "self same" is likely to do you as much good and as little harm twenty years hence as to-day.

It has been justly said that "In the life of most persons a period arrives when the stomach no longer digests enough of the ordinary elements of food to make up for the natural daily waste of the bodily substance. The size and weight of the body, therefore, begin to diminish more or less perceptibly. At this period tea comes in as a medicine to arrest the waste, to

keep the body from falling away so fast, and thus enable the less energetic powers of digestion still to supply as much as is needed to repair the wear and tear of the solid tissues. No wonder, therefore, that tea should be a favorite, on the one hand, with the poor, whose supply of substantial food is scanty, and on the other way the aged and infirm, especially of the feebler sex, whose powers of digestion and whose bodily substance have together begun to fail. Nor is it surprising that the aged female, who has barely enough of weekly income to buy what are called the common necessaries of life, should yet spend a portion of her small gains in purchasing her ounce of tea. She can live quite as well on less common food when she takes her tea along with it; while she feels lighter, at the same time more cheerful and fitter for her work, because of the indulgence.

The use of tea became general in China about the year six hundred, A. D., and after a dozen hundred years' use, they seem to live as long as the Anglo-Saxons do, with whom, a thousand years later, it was so costly, that the East India Company considered the present of two pounds of it to the Queen of England a rare gift; and now, the average length of life in Great Britain is greater than when that present was made, although the inhabitants consume fifty-five million pounds of

tea every year.

The effect of tea is to enliven; it produces a comfortable exhilaration of spirits, it wakens up, and increases the working capabilities of the brain, and brings out the kindlier feelings of our nature in moderation, having them always under our control. Alcohol, in any of its combinations, intoxicates, makes wild, places a man out of his own power, he gets beside himself, he can't control himself, nor can any one else control him, except by brute force. Upon some persons it has the effect of eliciting the darkest and deadliest passions of our nature. Whoever heard of a cup of tea inciting its sippers to "treasons, stratagems and spoils?" In certain irritated states of the body, it soothes the whole system, allays inflammation, cools fever, modifies the circulation, and counteracts the stupor of opium and brandy.

# HOW THE CHINESE USE TEA.

They put a few leaves in a porcelain cup, pour boiling water upon it, and cover the cup with a lid; in about a minute depress one edge of the lid, to keep the leaves in, and sip the tea: the moment the cup is emptied, the cup is filled with hot water. This refilling is continued at pleasure, without putting in more leaves. One may in this manner have several nice cups of tea, from one supply of the leaf. The Chinese add nothing to their tea. The English added cream and sugar, at first, to make it more palatable; this, in time, became a custom—the addition, however, by imparting increased nourishment, adds to its value as an item of daily diet.

The crusader against tea and coffee will tell you that the main element of both is composed of the same constituents as strychnine, a sixth of a grain of which will kill a dog in half a minute, while less than a grain will kill a man. elements of strychnine and the elements of the main principle of tea and coffee are oxygen, nitrogen, hydrogen and carbon, but these elements are in different proportions, and that makes all the difference in the world; for, as was intimated before. the air we breathe is composed of nitrogen and oxygen, and so is agua fortis, but in different proportions, with water added. Alcohol is composed of oxygen, carbon and hydrogen, and so is sugar. Morphine, a dozen grains of which will kill a man in a few hours, is composed of nitrogen, carbon and hydrogen, and so is the extract of tea; but the different proportions of the ingredients change the very nature of the product; hence we are not to judge of the wholesomeness of an article from its elementary constituents, but from its observed effects on the system in the course of a life time, or a generation; and as the average duration of human life has been considerably lengthened, notwithstanding the enormous increased consumption of tea and coffee during the same time, their general effect on the human system is not certainly discouraging.

No doubt some persons are injured by the use of tea and coffee, but to argue that because one in a million is injured, the remainder of the million must also be injured, and should therefore forego its agreeable effects, is a tyranny not to be submitted to; it is a positive folly, especially when it is quite certain, that the very persons who are injured by it, are those

who have abused its use; and to reject an article of food or drink because its use may be abused, and such abuse lead to disastrous results, is simply ridiculous.

#### TEA AS FOOD.

Through all the wastes of Asia, the use of tea is universal; not its infusion, as with us, but the leaves are matted together like flaxseed oil cake, and as hard almost as a piece of wood; these hard cakes or balls, when wanted, are dissolved in water, then mixed with the blood of animals, enriched with the fat of beef or mutton, and then eaten with a spoon like thick soup.

## THE TIME TO DRINK TEA

is at supper, when the lightest meal of the day is taken; for, by its exhilarating effects, it destroys the sense of hunger, and enables a person to go to sleep without having much in the stomach to keep it working all night, and so prevent sound refreshing sleep.

One of the great secrets of health is a light supper, and yet it is a great self-denial, when one is hungry and tired at the close of the day, to eat little or nothing; let such an one take leisurely a single cup of tea and a piece of cold bread with butter, and he will leave the table as fully pleased with himself and all the world, as if he had eaten a heavy meal, and be tenfold the better for it next morning. Take any two men under similar circumstances, strong, hard working men, of twenty-five years; let one take his bread and butter with a cup of tea, and the other a hearty meal of meat, bread, potatoes, and the ordinary et ceteras, as the last meal of the day, and I will venture to affirm, that the tea-drinker will outlive the other by thirty years.

## TO MAKE A CUP OF TEA.

The teapot itself should be as perfectly plain and even in shape, inside and out, as possible; it will thus throw off less heat, and consequently keep hot longer, and be more easily kept thoroughly clean. A level teaspoon for one cup.

When the pot is perfectly clean, and dry, put the dry tea in and stand it before the fire for at least ten minutes; then pour on the boiling rain or soft water, let it stand five minutes, and it is ready for use; then put your sugar and milk in the teacup, and pour the tea upon it.

## TO MAKE A CUP OF COFFEE.

As soon as the coffee is parched, scarcely brown, grind as much as you will want to use for that time; put it in the coffee-pot, and pour on boiling water; stir, place it on the fire, bring it to a boil; as soon as four or five bubbles appear, take it off the fire, pour out a tea-cupful and return it, then set the pot down for one minute, next pour gently over it a tea-cup of cold water, let it stand another minute to allow the heavy cold water to sink to the bottom and carry the grounds with it, then put your usual amount of sugar in your coffee-cup, and as much boiling milk as you desire, then fill it from the coffee-pot.

## A FRENCH CUP OF COFFEE.

When in Paris in eighteen hundred and forty-four, I learned the French method of preparing coffee, and prefer it to any other.

Imagine a large tin pepper-box inverted with the bottom knocked out: put into this as much coffee as you desire, hold it over your coffee-pot, which should be large enough in circumference to receive about an inch of the quondam pepper-box, pour on boiling water in a stream as large as a common quill, and as soon as the water has passed through the ground coffee, it is fit for use without any special need of clearing.

As much ground coffee as can be taken up with a dessert spoon is sufficient for one person.

As coffee, when roasted, ground and exposed in an open vessel, is a more powerful deodorizer than chloride of lime, without its disagreeable smell, it is reasonable to conclude that it will act in the same manner in the human stomach, and by antagonizing disagreeable odors there, would remove foul breath.

## A SUBSTITUTE FOR COFFEE.

From chemical analysis it appears that the seeds of the Asparagus when dried, parched and ground, make a full flavored coffee, but little inferior to Mocha, containing in common with tea and coffee, the principle called taurine. Dry the asparagus

berries well, after being thoroughly ripened, then rub them on a sieve, thus the seeds are readily separated.

While on this subject of aliment I wish to make some suggestions as to the quality of certain articles of food, their preservation, cooking, &c., for there is perhaps even more in preparing food for the table, than in the quality itself.

#### HOW TO COOK A POTATO.

Wipe it carefully without breaking the skin, and cut from the thickest end a piece the size of a dime, and when the water is boiling, put in the potatoes. If the potatoes are watery put a piece of fresh lime in the water, as large as an English walnut to each dozen of good sized potatoes, then bring the water to a boil, put in the potatoes with the skin on as before, and in either case they will come out perfectly dry and mealy, if as soon as they are sufficiently boiled they are removed from the water and placed on the dish for the table, without covering them for a single second.

# BROILED POTATOES.

Cut cold boiled potatoes in slices a quarter of an inch thick, dip each slice in wheat flour, place them on a griddle over a fire of bright coals; when both sides are browned place the slices on a hot dish, and butter, pepper and salt to suit your taste, and place them hot on the table.

#### FRIED POTATOES.

Wash, peel and slice quite thin, put, say a quart of these slices in a quart of lard as hot as it can be made without burning.

## TO PRESERVE CRANBERRIES.

As the cranberry is a delightful dish in winter, it may be well to know that if dried a short time in the sun and placed in bottles, filled with them, and then closed with sealing-wax, the berries will keep in good condition for several years.

#### TO BAKE HAMS.

The usual mode of preparing hams for the table is by boiling; they are far richer if baked as follows:

Soak the ham in clean water for an hour, then wipe it dry,

and spread it all over with thin batter, lay it in a deep dish with sticks under it to keep it from the grease. When fully done, remove the skin, and the batter which has crusted on the flesh side, and set it away to cool in the open air.

#### PICKLES.

As it is now the pickling season, and pickles are a very health-ful article of diet, it may be well to know how to prepare them properly. Some persons have a great horror of pickles, not that they have any reason for it beyond having a "notion" to that effect; this has possibly arisen from the fact that young girls not in good health relish them very much, and eat them in large quantities perhaps; the superficial observer then sets it down as a clearly established fact that the pickles are the cause of the ill health, while the fact is, that animal instinct called for something sour as a means of counteracting forming dyspepsia, calling for something sour to aid the stomach in performing its work of digestion, vinegar being more like the gastric juice in its properties than any other known fluid, hence delicate persons may take them to advantage at the close of a meal, not swallowing the solid parts.

Pickles should never be kept a moment in any vessel except it be of stone, wood, porcelain or glass; in most other vessels, earthen or metallic, they soon become poisonous.

To each three gallons of vinegar of moderate sharpness add a tea-spoonful of powdered alum and a tea-cup of common salt, then put into it a bag of pepper and such other spices as you desire, then it is ready to receive any kind of pickling; stir them occasionally, and if there are soft ones, take them out, scald the vinegar and pour it hot over the pickles, and always let the vinegar cover the pickles well. Vinegar should not be boiled longer than five minutes.

There are few subjects relating to health of greater importance than the proper regulation of the bowels without the use of medicine; the judicious use of fruits will accomplish this to a considerable extent in many persons; but there are times and places and seasons when ripe fruits, and fresh, are not attainable; and as those preserved in spirits or sweets do not answer the purpose, I here introduce an anonymous article, which embraces much useful information on the subject of

### PRESERVING FRUITS WITHOUT SUGAR.

We have received numerous applications for information about the modus operandi of putting up fruit so as to preserve it in a fresh state, without cooking, drying, or packing in sugar. It is a business that cannot so well be done in families as in large manufactories, where everything is arranged for convenience; but still with a little experience and careful attention, every family can save enough of the various fruits of the season to furnish their tables with a great delicacy during that portion of the year when they can get nothing of the kind. The whole secret consists in expelling the air from bottles or cans, by heat, and then sealing up the contents hermetically. If the article to be preserved is peaches, select such as you would for sweetmeats, and pare and cut them so they can be put in the bottle, and you must do this with the least possible delay, or they will be colored by the atmosphere. Some persons who want them to retain their natural whiteness, put them under water. When the bottle is full, cork it tight and wire down the cork with very little projection above the glass. When you have bottles enough to fill a kettle, such as may be most convenient, put them in and boil with the water all around up to the nozzle, for about fifteen or twenty minutes, or until the bottle appears to be full of steam—the atmosphere having been forced out through the cork. As soon as the bottles are cool enough to handle, dip the corks in sealing-wax so as to cover them quite tight. An additional precaution is used by some in putting tin foil over the wax.

Another plan is to cook the fruit slightly in a kettle, and then put it in cans or bottles, and pour hot syrup of sugar in to fill up the interstices, and then cork and seal. The heat of the fruit and syrup answering to expel the air. But the less they are cooked, or sweetened, the more natural will be the taste, like fresh fruit, when opened. We have eaten peaches a year old that we could not tell from those sugared an hour before.

Tomatoes are very easily preserved, and retain their freshness better than almost any other fruit. The small kind are only used. Scald and peel them without breaking the flesh. Bottles should hold about a quart only, because when once

opened, the contents must be used up at once. Bottles made on purpose, with large throats, and a ring on the inside are the best, and are better than cans for all acid fruit. The cans, however, are more easily secured by solder than the bottles by corks and wax, as the air is let out through a small puncture after the large opening is soldered up and cans heated, and that hole stopped with a single drop of solder.

Every article of fruit will keep fresh if the air is exhausted and the bottle sealed tight. The least particle of air admitted through any imperfection of the sealing will spoil the fruit. If the air could be driven out without heat, there would be no need of any cooking, and only just enough should be given to expel the air and not change the taste. Many persons prefer to add syrup made by about one pound of sugar to a quart of water to all suitable fruits. Green corn, beans, peas, tomatoes, pie plant, currants, gooseberries, cherries, plums, raspberries, strawberries, peaches, are the most common things put up in this way. They add greatly to the pleasures of the table, and to the health of those who consume them; quite unlike, in that respect, the common preserves.

We have known fruit for pies put up in three-quart cans, by partially cooking in an open kettle, in a syrup just sweet enough for use, and putting the fruit in the cans hot and soldering immediately. It kept thus perfectly.

Some fruits keep much better and with less heating than others. Peas are among the hardest articles to keep; they contain so much fixed air.

We advise every family in the country to try this plan of putting up fruits for winter use, on a small scale this year, and if successful, enlarge upon it next year.

As an article of diet, as to its nutritive and medicinal qualities, not second to any known, is

#### THE TOMATO.

To many persons there is something unpleasant, not to say disgusting, in the flavor of this excellent fruit. It has, however, long been used for culinary purposes in various countries of Europe, and has of late years been extensively cultivated, and become a general favorite in this country. Dr. Bennett, a professor of some celebrity, considers it an invaluable arti

cle of diet, and ascribes to it very important medical properties. He declares:

1. That the tomato is one of the most powerful deobstruents of the Materia Medica, and that in all of those affections of the liver and other organs where calomel is indicated, it is probably the most effective and least harmful remedial agent known in the profession.

2. That a chemical extract will be obtained from it, which will altogether supersede the use of calomel in the cure of

disease.

3. That he has successfully treated serious diarrhea with this article alone.

4. That when used as an article of diet, it is almost a sover-

eign remedy for dyspepsia or indigestion.

5. That persons removing from the east or north to the south or west, should by all means make use of it as an aliment, as it would in that event, save them from the danger attendant upon those violent bilious attacks to which almost all unacclimated persons are liable.

6. That the citizens in ordinary should make use of it, either raw, cooked, or in the form of a catsup, with their daily food, as it is the most healthy article in the Materia Alimentaria.

Professor Rafinesque, of France, says, "It is every where deemed a very healthy vegetable, and an invaluable article of food."

Dungleson says, "It may be looked upon as one of the most wholesome and valuable esculents that belong to the vegetable kingdom."

Professor Dickens asserts that, "It may be considered more

wholesome than any other acid sauce."

A writer in the Farmer's Register says, "It has been tried by several persons, with decided success. They were afflicted with chronic cough, the primary cause of which, in one case, was supposed to be diseased liver—in another, diseased lungs. It mitigates, and sometimes effectually checks, a fit of coughing."

The method most commonly adopted in preparing this fruit for daily use, is to cut them in slices, and serve with salt, pepper, and vinegar, as you do cucumbers.

To stew them, remove them ripe from the vines, slice up,

and put them in a pot over the stove or fire, without water. Stew them slowly, and, when done, put in a small piece of good butter, and eat them as you do apple-sauce. Some add a little flour bread, finely crumbled, or a couple of crackers pulverized.

The tomato is a fruit very easily raised. If the seed be sown in May, in good rich soil, of a warm nature, with a sufficiency of old, well-rotted manure, there will rarely be any danger of failure. When the vines begin to lean, they should be provided with a trellis, or tied to stakes fixed in the soil, to keep the fruit from being injured by coming in contact with the dirt.

#### PRESERVED NATURAL TOMATOES.

Pack them in jars—laying alternately a layer of tomatoes and a layer of sand, until the vessel is full. Cover them closely to prevent the introduction of air, and place them where they will remain cool. Thus packed, they will last a whole year.

### TOMATO KETCHUP.

The following, from long experience, we know to be the best receipt extant for making tomato ketchup:

Take one bushel of tomatoes, and boil them until they are soft. Squeeze them through a fine wire sieve, and add—

Half gallon of vinegar;

One pint and a half of salt;

Two ounces of cloves;

Quarter pound of allspice;

Three ounces of cayenne pepper;

Three table-spoonsful of black pepper;

Five heads of garlic, skinned and separated.

Mix together and boil about three hours, or until reduced to about one-half. Then bottle without straining.

### TOMATO FIGS.

We have seen several recipes for putting up tomato figs, but the following from the *Royal Gazette*—Bermuda—appears to rest upon very reliable authority, and is no doubt valuable. Let our lady readers preserve it until the coming tomato season, and then give it a trial.

It will be noticed that Mr. J. B. Heyl, chemist and druggist

of this town, obtained a prize at the Show held at Mount Langton last Wednesday, for tomato figs. As the tomatos prepared according to Mr. Heyl's plan are very delicious, and may be made an article of export, we have obtained from him a copy of his recipe, which we subjoin for general information.

Take six pounds of sugar to one peck-or sixteen poundsof the fruit, scald and remove the skin of the fruit in the usual way, cook them over a fire, their own juice being sufficient without the addition of water, until the sugar penetrates and they are clarified, they are then shaken out, spread on dishes, flattened, and dried in the sun. A small quantity of the syrup should be occasionally sprinkled over them whilst drying, after which pack them down in boxes, treating each layer with powdered sugar. The syrup is afterwards concentrated and bottled for use. They keep well from year to year, and retain their flavor surprisingly, which is nearly that of the best quality of fresh figs. The pear-shaped or single tomatos answer the purpose best. Ordinary brown sugar may be used. a large portion of which is retained in the syrup.

Between the opening of spring and the close of summer, looseness of the bowels is very prevalent, the employment of salted ham broiled, two or three times a week, in warm weather, is a preventive to a considerable extent, in persons of temperate regular habits; it becomes then a matter of interest to know of the best methods of

### CURING HAMS.

After the meat is cold, rub the flesh side well, and fill the hock with fine salt. Leave it in this state from one to three days, according to the size of the hams. Then pack in a cask, and make a pickle of salt and water, strong enough to bear a potato; of sufficient quantity to cover the meat. Add to this pickle four ounces of dissolved saltpetre, and two quarts of West India molasses, for every 100 pounds of meat, and then pour the liquid over the meat. Should you find the quantity of pickle too small, add enough strong salt and water to cover the meat.

Small pieces may be taken out at the end of a month, and smoked. Large pieces should be left in pickle six weeks.

When the hams are very large, a portion of the thigh bone

should be removed before salting. The finest hams a refrom hogs not over one year old. Many persons are unable to dispose of the spareribs, feet, &c., when the weather is moderate. I put mine on the top of the hams, and pour the pickle over the whole. Then, towards spring, soak them a few hours in cold water before using, and we find them a delicacy rather than a drug.

There is a class of invalids and weakly persons who find a fresh egg, taken in the morning, both grateful and strengthening; to such, as well as families in general, it will be well to know

### HOW TO KEEP EGGS FRESH.

As detailed in the *Maine Farmer*, the following very simple plan we have never tried, and know nothing practically whether it be effectual or not. We found it in the "Farm Journal," quoted from the "English Agricultural Gazette." We pass it over to our readers for their consideration.

Take a half inch board of any convenient length and breadth, and pierce it as full of holes, (each one and a half inches in diameter,) as you can. I find that a board two feet and six inches in length, and one foot wide, has five dozen in it, say twelve rows of five each.

Then take four strips two inches broad, and nail them together into a rectangular frame. Nail this board upon the frame, and the work is done, unless you choose to nail a beading around the top.

Put your eggs in this board as they come from the poultry house, the small end down, and they will keep good for six months, if you take the following precautions:—Take care that the eggs do not get wet, either in the nest or afterwards. (In summer, hens are fond of laying among the weeds or grass, and any eggs taken from such nests in wet weather, should be put away for immediate use.) Keep them in a cool room in summer, and out of the reach of frost in winter. If two boards be kept, one can be filling while the other is emptying.

The writer accounts for the preservation of eggs in this way, by supposing that the yolk floats more equally in the white, and has less tendency to sink down against the shell, than when the egg is laid on one side—certainly, if the yolk touches the shell it spoils immediately.

#### HOW TO COOK AN EGG.

An egg should not be boiled; it should only be scaldedvulgo, coddled. Immerse your egg in, or, what is better, pour upon your egg boiling water. For time, proportion the same to the size and number of your eggs, and the collateral accidents. If you cook your eggs upon the breakfast table, more time will be required. But if you station your apparatus on a good wholesome hob, where there is a fire, and so the radiation of heat is less positive, less time will suffice. The latter way is mine, winter and summer, and the difference of the surrounding circumstances equalize, or nearly so, the time. I keep one egg under water nine minutes; two, nine and a half; three, ten; and four, nearly eleven minutes. The yolk first owns the power of the caloric, and will be even firmly set, while the white will be milky, or at most tremulously gelatinous. The flavor superior to anything which a plover ever deposited will be that which the egg of the gallinaceous domestic was intended to have; the substance, that which is delectable to the palate, and easy of digestion. There is perfect absence of that gutta percha quality, in the white especially, at once the result and the source of dyspepsia. I believe that eggs would be much more patronized and much more wholesome, if boiling were discarded.

### HOW TO PREPARE DIGESTIBLE TOAST.

A highly philosophical description is given in the Household Almanac for 1853, of the proper mode of toasting bread. It is as follows:—"Chestnut brown will be far too deep a color for good toast; the nearer you can keep it to a straw-color the more wholesome it will be. If you would have a slice of bread so toasted as to be pleasant to the palate, wholesome to the stomach, never let one particle of the surface be charred. To effect this is very obvious. It consists in keeping the bread at the proper distance from the fire, and exposing it to a proper heat for a due length of time. By this means the whole of the water may be evaporated out of it, and it may be changed from dough—which has always a tendency to undergo acetous fermentation, whether in the stomach or out of it—to the pure farina wheat, which is in itself one of the most wholesome species of food, not only for the strong and healthy, but for the

delicate and diseased. As it is turned to farina, it is disintegrated, the tough and gluey nature is gone, every part can be penetrated; it is equally warm all over, and not so hot as to turn the butter into oil, which, even in the case of the best butter, is invariably turning a wholesome substance into a poison. The properly toasted slice of bread absorbs the butter, but does not convert it into oil; and both butter and farina are in a state of very minute division, the one serving to expose the other to the free action of the gastric fluid in the stomach; so that when a slice of toast is rightly prepared there is not a lighter article in the whole vocabulary of cookery."

Having said so much on the subject of edibles we will pass to other items, mentioning only the best method of

### PRESERVING GREEN CORN.

Gather the ears when in full milk, and strip off all but a thin covering of husk; lay these in a moderately heated oven or cooking-stove long enough to scald or stiffen the milk, when the grains are shaved off and kept in a close bag or canister. When wanted for use, in the season, boil it with the inner husk on.

# SPEAK GENTLY AND KINDLY.

Speak gently, lady reader, for you may have a frail young creature in your employ, and she may be an orphan too-and not at all prepossessing in her manners—and sometimes disagreeable; and often do things to displease you; but will she be any the better, or you the happier, for speaking to her harshly or unkindly? She may have grown up without a mother's advice, or a father's care—no home but that accorded to her by strangers—no sister to share her griefs—no brother to shield her from the life-blasts of adversity-wandering from place to place, and no one to take an interest in her welfare as regards this life, or the one which is to come. She may feel lonely and forlorn, for there is nothing in the past for her to look back to with a pleasing recollection. The present is cheerless; the future dark and gloomy; and it is for you to be her friend, and help her through the toils of the day by speaking gently and kindly to her; and opening to her the

avenues to your heart; and let your kindness be an oasis in the desert of her life, and teach her how to walk in wisdom's ways. Then she will be better qualified to take such course as will meet your approbation. But remember to speak always gently and kindly.

You may have a son, whom you once thought would be a comfort and a support in your declining years—but he has wandered far from the path of rectitude, and disappointed your most sanguine hopes, for he now prefers the grog-shop, or club-room, to the home-roof that would have sheltered him from the storms of life. Though he is in the downward road to ruin, remember, if you would win him back to honor's path, to speak gently and kindly to him. For where is that son, that has a heart, that can long be steeled to a mother's tears and kindness? A soft word, a friendly look, will vibrate every nerve of his heart. Then is the time to entwine the cords of tenderness around him, and draw him towards his once loved home. Then speak gently and kindly, for may be he will yet become the solace and staff of your journey to the tomb—but speak gently and kindly.

You may have an erring neighbor, that often gets into a passion, and will say and do things that astonishes you, but if you would convince him of his wrong, speak to him gently and kindly. He may sometimes say and do that which will injure your prosperity and reputation, but if you would control him, speak to him gently and kindly. "Be not overcome of evil, but overcome evil with good," is the command of inspiration.

Mahala.

Griswold's Mills.

An Afflicted Man.—A few days ago, a flying bookseller and stationer called at a publican's house in the village of——, and offered the landlord to sell him a copy of the "Afflicted Man's Companion." The landlord looked at it, and returned the copy, saying that he had a much better one already. The bookseller said he should like to see it. Come this way, said the publican, and, introducing him into a small parlor, showed the bookseller his dear wife lying on the floor dead drunk, with an empty whisky bottle by her side. There, said the publican, is my copy of the "Afflicted Man's Companion."

Unsuccessful Men.—I confess that increasing years bring with them an increasing respect for men who do not succeed in life, as those words are commonly used. Heaven is said to be a place for those who have not succeeded upon earth; and it is surely true that celestial graces do not best thrive and bloom in the hot blaze of worldly prosperity. Ill success sometimes arises from a superabundance of qualities in themselves good—from a conscience too sensitive, a taste too fastidious, a self-forgetfulness too romantic, a modesty too retiring. I will not go so far as to say, with a living poet, that "the world knows nothing of its greatest men," but there are forms of greatness, or at least of excellence, which "die and make no sign," there are martyrs that miss the palm, but not the stake; heroes without the laurel, and conquerors without the triumph.

A FRUTTFUL NEIGHBORHOOD.—In Wayne County, Pennsylvania, in a circle of seven miles, there live thirteen 'families, which boast the aggregate number of 195 children.—They are distributed as follows:

Jonathan Adams	18	Thomas Todd 29
Jacob Kellum	14	John Phillips 12
John Kellum	10	Oliver Bullings 13
David Eaton	15	James Brown 10
Eben Brown	15	William Tyler 10
James Adams	14	Amos Tyler 22
Josiah Cole		
Total	-	195

The race of mankind would perish, did they cease to aid each other. From the time the mother binds the child's head, till the moment some kind assistant wipes the death damp from the brow of the dying, we cannot exist without mutual help. All, therefore, that need aid, have a right to ask it of their fellow mortals; no one who holds the power of granting can refuse it without guilt.—Sir Walter Scott.

The opium trade appears to be very brisk at Trenton, N. J. The Gazette of that city makes the curious assertion that within two or three years the sale of the drug in the place has increased something like a thousand per cent.

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## EFFECTS OF IMAGINATION ON HEALTH.

What is the nature of that mysterious bond of connection between mind and body we may never know, but the notice of the effects is sometimes interesting, startling, awful, as will be subsequently shown by well attested facts. The general lesson which I wish to inculcate, because of its bearing on the health and happiness of men, is the importance, practically, of keeping the mind constantly employed in something useful and agreeable. One of the great secrets of human happiness is to be profitably busy. Of all men, they are the most miserable, who have nothing to do; and yet, as far as my observation has extended, those who have nothing to do, never have time to do anything. The mechanic who is fully employed, is the very man to perform a job for you punctually. When nothing presses on the attention, the mind is prone to dwell on small things; and strangely too, these small things are, nine times out of ten, among the disagreeables. The absence of a neighborly nod from an acquaintance or fellow-citizen, who never failed to nod before, instantly sets a "nothing-to-do" to work; his whole soul is full of business; so much so, that he can think of nothing else: the mind is tumultuously tossing, and all creation is veiled in a hurting gloom. There is no stopping to inquire whether the offending one is near-sighted; whether he was not going for the doctor, or worse than that, "shinning it" among his business friends to meet a note in bank. Mr. Nothing-To-Do gets hold of a fact, or story, or. occurrence, and by its help he imagines a great wrong has been done him; he pores over it, he cherishes it most pertinaciously, he even wakes up in the night, and thinks about it. until the mind itself is fully roused, and he cannot go to sleep. The more he thinks, the more sleepless he becomes.

and tosses and tumbles about on the bed by the hour; and as the mind becomes hotter, the body begins to sweat, and he gets up in the morning as haggard and weary as an exhausted madman.

A cousin of ours, a Friend, feeling that a kind of an excuse was needed for not taking our Journal, volunteered a reason, that she had taken a "Journal of Health" once, and that a new disease broke out in her family regularly once a month. The plan of the journal appeared to have been, to detail the symptoms of diseases, and with a house full of young Quakeresses, too rich to make it necessary to do any thing, and who did nothing but study how to dart weapons of death and destruction among all the unfortunate singletons about town, notwithstanding their far-famed peace principles, it was an easy thing to spend the spare time in hunting up symptoms.

It is a well known fact among medical men, that a young student of physic will have a dozen different diseases in the first year of his novitiate. Dr. Reese says: "It would seem as if the study of certain diseases sometimes favored their real or imaginary development. (The great Lænnec, who spent a large portion of his life in the study of consumption, fell a victim to it himself. So did Wooster, of Cincinnati, and Hastings, of London, who set the world agog on the use of Naptha as a certain cure for Phthisis, and yet he failed to cure himself of it.) Corvisart made disease of the heart his study, and died of it. When the celebrated Professor Frank of Paria was preparing his lectures on disease of the heart, his own became so much disturbed that he was obliged to rest for a while." Men and women have often come to me for the treatment of consumption, when on examination the lungs were found to be as sound and full acting as the lungs of a racehorse, as was afterwards proved by subsequent permanent recovery; a slight thinness in flesh, or pain in the breast, or troublesome cough, from a disordered stomach or liver, or diseased spine, having been magnified to mean that they were falling into a fatal disease. Alas, how often are these imaginings taken vantage of, by wicked men, who have only assumed to be physicians, and subsequent restoration is blazoned abroad, and certified to, in the newspapers as "cures of consumption," when the consumption never existed, but in

the imagination of a "nothing-to-do." I often feel, in reference to a patient:—You are too rich to get well; if you had to take in washing at fifty cents a dozen, or had a housefull of children "to do for," and no servant to help, with a sick husband to boot, you would soon be well enough. Let the reader remember, then—

"A symptom is the very last thing you should think about." It is related of a prime minister, that to prove to his king that actual bodily suffering was less destructive in its influences than imagined danger, he took two lambs, broke the leg of one, placed it in an enclosure with food beside it, and left it; the other, with food beside it, was placed in another enclosure, in which was a tiger, so confined, that he could spring near to the lamb, but could not possibly touch it. Next morning, the wounded lamb had eaten all its food, while that of the other was untouched, and the lamb itself was dead.

Dr. Noble, in an analytic lecture at Manchester, "On the Dynamic Influence of Ideas," told a good anecdote of M. Boutibouse, a French savant, in illustration of the power of imagination. M. Boutibouse served in Napoleon's army, and was present at many engagements during the early part of last century. At the battle of Wagram, in 1809, he was engaged in the fray; the ranks around him had been terribly thinned by shot, and at sunset he was nearly isolated. While reloading his musket, he was shot down by a cannon ball. His impression was, that the ball had passed through his legs below his knees, separating them from the thighs; for he suddenly sank down, shortened, as he believed, to the extent of about a foot in measurement. The trunk of the body fell backwards on the ground, and the senses were completely paralyzed by the shock. Thus he lay motionless amongst the wounded and dead during the rest of the night, not daring to move a muscle, lest the loss of blood should be fatally increased. He felt no pain, but this he attributed to the stunning effect of the shock to the brain and nervous system. At early dawn he was roused by one of the medical staff, who came round to help the wounded. "What's the matter with you, my good fellow?" said the surgeon. "Ah, touch me tenderly," replied M. Boutibouse, "I beseech you; a cannon ball has carried off my legs." The surgeon examined the limbs referred to, and

then giving him a good shake, said, with a joyous laugh, "Get up with you, you have nothing the matter with you." M. Boutibouse immediately sprang up in utter astonishment, and stood firmly on the legs which he thought he had lost forever. "I felt more thankful," said M. Boutibouse, "than I had ever done in the whole course of my life before. I had not a wound about me. I had, indeed, been shot down by an immense cannon ball; but instead of passing through the legs, as I firmly believed it had, the ball had passed under my feet, and had ploughed a hole in the earth beneath at least a foot in depth, into which my feet suddenly sank, giving me the idea that I had been thus shortened by the loss of my legs." The truth of this story is vouched for by Dr. Noble.

A St. Louis gentleman, who had a slight affection of the head several weeks, became alarmed a few days since, and took the matter so much at heart, that he fully persuaded himself that his head was growing unusually large. It became a settled conviction in his own mind, that it was absolutely swelling. A few nights since, after taking his wife to church, he had occasion to leave and attend a meeting of an association to which he belonged. He was very uneasy while there, occasionally feeling his head, and finally bolted again to the church, to get his wife. and go immediately home. In the hurry of leaving, he picked up another man's hat, vastly too small for him, and in full run. clapped it on his head. What was his horror to find that it wouldn't begin to fit! In vain he tried to press it over his aching brow, but the beaver would'nt yield a particle. This only strengthened his conviction in relation to his growing head, and with the utmost speed he gained the church just as it was breaking up and the people retiring. The congregation were amazed at his absent manner in calling for his wife and then a doctor.

"What is the matter?" said one.

"Oh, matter enough! My head is getting as large as the court-house door—a doctor, quick!"

In a few minutes a physician who was present, came forward, but couldn't satisfy him that his head had no extra bulk. He finally prescribed free bleeding and cupping on the back of his neck. The patient and his wife started home, and called on the way on a cupper and leecher, to get his assistance in the matter.

Just as the man of cups was about to commence operations, the lady observed that her husband had a strange hat, and immediately informed him of the fact. He looked at it carefully for a moment, and his strange fancy of a swelled head seemed to give way under the disclosure, and at once he dispensed with the bloody preparations to reduce it.

Not only the body, but the mind and the heart, become diseased by giving loose to the imagination; in this very way was it, that men were once led into heathenism. Paul states, in the first chapter of Romans, that the old world "became vain in their imaginations, and their foolish heart was darkened," that is, I presume, their judgment was blinded. The reader will also see, I trust, the beautiful appropriateness of scripture language, so often repeated as a caution against "vain thoughts," groundless, without reason; these vain imaginations lead to moral and physical death, and ought to be striven against as a religious duty, and that the reader may be aided in the discharge of this duty, I will conclude this article by the narration of an historical incident, well authenticated, and I will venture to say, that when once read, it will never be forgotten, as showing, at least, the power of the imagination.

# "WHO MURDERED DOWNIE?"

About the end of the eighteenth century, whenever any student of the Marischal College, Aberdeen, incurred the displeasure of the humbler citizens, he was assailed with the question, "Who murdered Downie?" Reply and rejoinder generally brought on a collision between "town and gown;" although the young gentlemen were accused of what was chronologically impossible. People have a right to be angry at being stigmatized as murderers, when their accusers have probability on their side; but the "taking off" of Downie occurred when the gownsmen, so maligned, were in swaddling clothes.

But there was a time, when to be branded as an accomplice in the slaughter of Richard Downie, made his blood run to the cheek of many a youth, and sent him home to his books, thoughtful and subdued. Downie was sacrist or janitor at Marischal College. One of his duties consisted in securing the gate by a certain hour; previous to which all the students had to assemble in the common hall, where a Latin prayer was de-

livered by the principal. Whether, in discharging this function, Downie was more rigid than his predecessor in office, or whether he became stricter in the performance of it at any one time than another, cannot now be ascertained; but there can be no doubt that he closed the gate with austere punctuality, and that those who were not in the common hall within a minute of the prescribed time were shut out, and were afterwards reprimanded and fined by the principal and professors. The students became irritated at this strictness; he, in his turn applied the screw at other points of academic routine, and a fierce war soon began to rage between the collegians and the humble functionary. Downie took care that in all his proceedings he kept within the strict letter of the law; but his opponents were not so careful, and the decisions of the rulers were uniformly agaist them, and in favor of Downie. Reprimands and fines having failed in producing due subordination, rustication, suspension, and even the extreme sentence of expulsion had to be put in force; and, in the end, law and order prevailed. But a secret and deadly grudge continued to be entertained against Downie. Various schemes of revenge were thought of.

Downie was, in common with teachers and taught, enjoying the leisure of the short New Year's vacation—the pleasure no doubt being greatly enhanced by the annoyances to which he had been subjected during the recent bickerings—when, as he was one evening seated with his family in his official residence at the gate, a messenger informed him that a gentleman at a neighboring hotel wished to speak with him. Downie obeyed the summons, and was ushered from one room into another, till at length he found himself in a large apartment hung with black, and lighted by a solitary candle. After waiting for some time in this strange place, about fifty figures, also dressed in black, and with black masks on their faces, presented themselves. They arranged themselves in the form of a court, and Downie, pale with terror, was given to understand he was about to be put on his trial.

A judge took his seat on the bench; a clerk and public prosecutor sat below; a jury was empannelled in front; and witnesses and spectators stood around. Downie at first set down the whole affair as a joke; but the proceedings were conducted with such persistent gravity, that, in spite of himself, he began to believe in the genuine mission of the awful tribunal. The clerk read an indictment, charging him with conspiring against the liberties of the students; witnesses were examined in due form, the public prosecutor addressed the jury, and the judge summed up.

"Gentlemen," said Downie, "the joke has been carried far enough—it is getting late, and my wife and family will be getting anxious about me. If I have been too strict with you in time past, I am sorry for it, and I assure you I will take

more care in future."

"Gentlemen of the jury," said the judge, without paying the slightest attention to this appeal, "consider your verdict; and if you wish to retire, do so."

The jury retired. During their absence the most profound silence was observed; and, except renewing the solitary candle that burnt beside the judge, there was not the slightest movement.

The jury returned and recorded a verdict of Gully.

The judge solemnly assumed a huge black cap, and addressed the prisoner:

"Richard Downie! The jury have unanimously found you guilty of conspiring against the just liberty and immunities of the students of Marischal College. You have wantonly provoked and insulted those inoffensive lieges for some months, and your punishment will assuredly be condign. You must prepare for death. In fifteen minutes the sentence of the court will be carried into effect."

The judge placed his watch on the bench. A block, an axe, and a bag of sawdust, were brought into the centre of the room. A figure more terrible than any that had yet appeared came forward, and prepared to act the part of doomster.

It was now past midnight; there was no sound audible save the ominous ticking of the judge's watch. Downie became more and more alarmed.

• "For mercy sake, gentlemen," said the terrified man, "let me home. I promise that you never again shall have cause for complaint."

"Richard Downie," remarked the judge, "you are vainly wasting the few moments that are left you on earth. You are

in the hands of those who must have your life. No human power can save you. Attempt to utter one cry, and you are seized, and your doom completed before you can utter another. Every one here has sworn a solemn oath never to reveal the proceedings of this night; they are known to none but ourselves; and when the object for which we have met is accomplished, we shall disperse unknown to any one. Prepare, then, for death; another five minutes will be allowed, but no more."

The unfortunate man in an agony of deadly terror raved and shricked for mercy; but the avengers paid no heed to his cries. His fevered, trembling lips, then moved as if in silent prayer; for he felt that the brief space between him and eternity was but as a few more tickings of that ominous watch.

"Now!" exclaimed the judge.

Four persons stepped forward and seized Downie, on whose features a cold clammy sweat had burst forth. They bared his neck, and made him kneel before the block.

"Strike!" exclaimed the judge.

The executioner struck the axe on the floor; an assistant on the opposite side lifted at the same moment a wet towel, and struck it across the neck of the recumbent criminal. A loud laugh announced that the joke had at last come to an end.

But Downie responded not to the uproarious merriment—they laughed again—but still he moved not—they lifted him, and Downie was dead!

Fright had killed him as effectually as if the axe of a real headsman had severed his head from his body.

It was a tragedy to all. The medical students tried to open a vein, but all was over; and the conspirators had now to bethink themselves of safety. They now in reality swore an oath among themselves; and the affrighted young men, carrying their disguises with them, left the body of Downie lying in the hotel. One of their number told the landlord that their entertainment was not yet quite over, and that they did not wish the individual that was left in the room to be disturbed for some hours. This was to give them all time to make their escape.

Next morning the body was found. Judicial inquiry was instituted, but no satisfactory result could be arrived at. The corpse of poor Downie exhibited no marks of violence, inter-

nal or external. The ill-will between him and the students was known: it was also known that the students had hired apartments in the hotel for a theatrical representation—Downie had been sent for by them; but beyond this nothing was known. No noise had been heard, and no proof of murder could be adduced. Of two hundred students at the college, who could point out the guilty or suspected fifty? Moreover, the students, scattered over the city, and the magistrates themselves had many of their own families amongst the number, and it was not desirable to go into the affair too minutely. Downie's widow and family were provided for—and his slaughter remained a mystery; until, about fifteen years after its occurrence, a gentleman on his death-bed disclosed the whole particulars, and avowed himself to have belonged to the obnoxious class of students who murdered Downie.

## CHARACTERISTICS OF DOCTORS AND OTHERS.

Tasso's conversation was neither gay nor brilliant.

Dante was either taciturn or satirical.

Butler was sullen or biting.

Gray seldom talked or smiled.

Hogarth and Swift were very absent-minded in company.

Milton was unsociable and even irritable when pressed into conversation.

Kirwan, though copious and eloquent in public addresses, was meagre and dull in colloquial discourse.

Virgil was heavy in conversation.

La Fontaine appeared heavy, coarse, and stupid; he could not speak and describe what he had just seen, but then he was the model of poetry.

Chaucer's silence was more agreeable than his conversation. Dryden's conversation was slow and dull, his humor saturnine and reserved.

Descartes was silent in mixed company.

\* Corneille, in conversation was so insipid that he never failed in wearying. He did not even speak correctly that language of which he was such a master.

Ben Johnson used to sit silent in company and suck his wine and their humors.

Southey was stiff, sedate, and wrapped up in asceticism.

Addison was good company with his intimate friends, but in mixed company he preserved his dignity by a stiff and reserved silence.

Junius was so modest that he could scarcely speak upon the most common subjects without a suffusion of blushes.

Fox, in conversation never flagged; his animation and variety were inexhaustible.

Dr. Bentley was loquacious.

Grotius was talkative.

Goldsmith wrote like an angel, and talked like a poor Poll. Burke was eminently entertaining, enthusiastic and interesting in conversation.

Curran was a convivial deity; he soared into every region, and was at home in all.

Dr. Birch dreaded a pen as he did a torpedo; but he could talk like running water.

Dr. Johnson wrote monotonously and ponderously, but in conversation his words were close and sinewy; and if his pistol missed fire, he knocked down his antagonist with the butt of it.

Coleridge, in his conversation, was full of acuteness and originality.

Leigh Hunt has been well termed the philosopher of Hope, and likened to a pleasant stream in conversation.

Carlyle doubts, objects, and constantly demurs.

Fisher Ames was a powerful and effective orator, and not the less distinguished in the social circle. He possessed a fluent language, a vivid fancy, and a well stored memory.

DISPARITY OF AGE IN MARRIAGE.—Mahomet's first wife, Kadyah, was at least 40, when he at the age of 25 married her. Shakspeare's Ann Hathaway was seven years his senior. Dr. Johnson's was literally double his age. The wife of Lord Herbert Cherbury six or seven years older than her lord. Sir Thomas Moore's wife was also seven years older than her husband. Howard, the philanthropist, at the age of 25 married a first wife, who was then 52. Mrs. Rowe, the authoress, was 15 years older than Mr. Rowe. Rapel, the German DeStael, was about as much older. The Countess D'Osili (Miss Fuller) was nearly ten years her husband's senior. Jenny Lind, too, is said to be eight or ten years older than Herr Goldsmidt.

### HALF A CENTURY IN BED.

Susan Pierson, of Bridgehampton, Long Island, died Feb. 24th, "in her 72d year, and the 52d of her extraordinary confinement." Thus was announced, in the Observer of April 27th, the death of one of the "excellent of the earth."

Her case was peculiar; it is probable it has no parallel. For more than fifty years she did not set her foot upon the floor, and in all that time did not sit upright in bed. One year of that time was spent at a neighbor's house, with which exception the extent of her travels in fifty years was from one corner of her room to another, once a week, in some strong man's arms. This change was always attended with an almost entire loss of voice, from which she did not recover until after a night's repose. The best medical skill and all her patrimony were expended in vain, in endeavors to restore her to health. The upright posture always and immediately produced violent retching. All hopes of her being restored to her former health were long since abandoned.

All who knew the deceased knew her as "Aunt Susie," and all who knew her, knew an humble, truthful, cheerful child of God. It was the privilege of the writer as her friend, as it was his duty (a delightful duty,) as her pastor, to see her frequently. Rarely, if ever, has he seen more strongly developed these two traits of Christian character, viz: adoring views of God and humble views of herself.

All her property being consumed, she was dependent. It was touching to hear her speak in gratitude of the goodness of God in providing her so good a home and so many mercies.

For the most part she did not suffer pain. She had all the time of her confinement, excepting one year, the untiring attentions of an inseparable sister, a Christian woman who survives her, about 80 years of age.

"Aunt Susie" lived a quiet, retired life, but not an idle nor a useless life. She was industrious in the use of her knitting-needles, almost her only employment. Her Bible was her constant companion, and was not out of her hands or out of reach for half a century. Three successive pastors found it refreshing and encouraging to retire from the more public duties and cares of their office to spend an hour with her. Many

a time has the writer gone from such interviews with her and her sister, more inclined to and better fitted for his labors. She was useful,—for she appreciated the word of God,—she stayed up the hands of her pastors,—she rejoiced in the conversion of sinners,—and she was an instance of the divine faithfulness, a monument of God's mercy and a trophy of his grace.

She has gone where there is no sickness.

The New York Observer, from which the above was taken, adds its testimony to its truth, and this history is given in these pages, to encourage any invalid reader of the Journal to labor for "Aunt Susie's" faith and patience, as well as to shame any of them who may be disposed to complain of such little sufferings as may fall to their lot, and which in comparison are scarcely deserving of mention. No doubt all she passed through was necessary to fit her for some elevated sphere in immortality; and now attained, how can she look back upon earth, and all its history connected with her, and count it as not worthy to be named. Reader, rather be thankful that so much less is imposed on you, and even that little, for good.

# REFLECTIONS UPON THE LIFE OF MEDICAL MEN.

It is painful to reflect that, after a long life devoted to a pursuit full of anxiety, responsibility and personal sacrifice, our career is arrested by disease or premature old age. It is a melancholy fact that very few in the profession of medicine reach that common allotment of "three score and ten." reason is found in the painfully rigorous and exacting nature of the profession. Before the physician reaches his meridian, there can be seen the marks of corroding care deeply furrowed in his face, and evidences of premature descendence. He is made but too conscious of this in the absence of that vigor, elasticity, and physical energy evinced by others, no younger than himself, but in different positions. His long intercourse with affliction, and the painful contemplation of the sorrows of his fellow-men, tend to subdue the spirits and destroy their elasticity by the austere habits of his life. Thus physically and mentally he pays the penalty of his choice of a profession; honorable and exalted as it may be, when faithfully and honorably filled, it is nevertheless the most imperative and exacting

of all others. He looks back upon his career, and in reflecting upon the scenes through which he has passed, the exposures he has suffered, the great injustice which too often he has been compelled to endure, and there is nothing but a deep sense of duty which he owed to benevolence and humanity which would induce him to retrace his history or undergo the untold sufferings, mental and physical, through which he has passed.

We have often looked into the deep fissures which care and anxiety had furrowed in the faces of those of our brethren who had hearts to feel, and whose long experience had put their feelings to the test, and wondered that even a smile could dispel the dark cloud which overcast their countenances. did appear to me that I could see the working of a mind engaged in deep retrospection upon some scenes and incidents which memory, ever busy, was bringing into view. The thought of the dying struggles of a beautiful and innocent babe, an only child, the fondest object of a mother's love, comes athwart his memory, and a pang of mental suffering contracts his countenance, and an irrepressible sigh is involuntarily drawn. The recollection of the last moments of a young and an affectionate wife, over whose couch he had hung for days and nights together, tortured by an intensity of anxiety which no language can describe, and under a responsibility which was most crushing to his moral powers. But death had triumphed over the resources of art and science. These, with numberless other trials, are ours to encounter, and the consequence is, that he soon wears away, and finally sinks under the accumulated weight of care and labor which, anticipating the ordinary and natural law of decline and loss, grind him down, enervates his physical man, and soon he is driven to his repose in the cold and silent grave. We have been led to these reflections upon the perusal of a letter from a distinguished medical friend, and one for whom we entertain the most profound esteem, respect and affection. Like ourselves, he has passed over a rugged pathway in his professional career, and like ourselves too, he can look back in the past upon a picture whose back ground is cast in melancholy shades, with here and there a brighter object in relief. We will give his own thoughts in the following beautiful and touching paragraph.—Reese's N. Y. M. Gazette.

"Ill health and premature decrepitude have necessarily drawn me into retirement, from the field of general practice. Although I may be said to be in the prime of life, yet such is the prostrated condition of my physical powers that I am compelled to relinquish a profession which I could not, under other and more favorable circumstances, leave sooner than a fond mother could forsake her sucking child. I have thought some of visiting your city to avail myself of such advice and counsel as the Faculty could give, in order to improve my health, if thought by yourself and colleagues possible. But for my part I am quite discouraged and depressed, and I fear there is not sufficient recuperative energy left me to rally un der the most skillful treatment, having tried faithfully every remedy offering the least hope of success.

"I have now nearly crossed the 'stormy sea' of professional life, and may be said to be standing upon the other shore, awaiting the call of the 'Great Physician' to depart hence, and thereby escape the afflictions of the mortal body for a life everlasting, free from sorrow, pain and suffering. In reviewing my past life as a member of an honorable profession, I am consoled in the belief that in my limited and humble sphere I never knowingly did anything calculated to impair the credit, or debase the dignity of the profession; and although I am in a great measure retired and buried from the medical world, I shall always look after the honor and purity of the faculty, as I would watch after and protect the honor and welfare of the wife of my youth."

Such sentiments are worthy of the noble, generous, and lofty mind that conceived them, and should be adopted by every member of the profession. For our part, we could not subdue a rising emotion which swelled our bosom and moistened the eye with a sympathising tear, when reading the letter containing the above extract, and of offering up a silent prayer that he might be relieved of his sufferings and speedily return to the enjoyment of health, and be allowed many years to live. We cannot well spare such men from among us, even if they live in retiracy, for their moral influence must be felt, not only in the community, but particularly in the professional ranks.—

Iowa Med. Jour.

From the German of Seguern.

### DO WE EVER FORGET?

ONE of the most startling and mysterious phenomena of our nature is the sudden revival of the recollection of scenes, events and thoughts which had apparently been long forgotten. In many instances we can explain this by the law of association; but not unfrequently the recollection flashes without warning upon the mind. It is as though we had been gazing out into the blank darkness, which lighted up all at once by a sudden flash, should become a theatre upon which the minutest events of our past life are re-enacted.

Phenomena of this kind, more or less distinctly marked, occur in the experience of every individual, in his ordinary and normal states. But here, as in many other cases, great light is thrown upon the latent capabilities of the mind by its action, when physical disease has induced changes in the conditions which regulate its manifestation. The bodily organs in the healthy state seem to act as checks and as limitations upon the operations of the mind, somewhat as the balance wheel of a watch checks and regulates the uncoiling of the spring. We do not know how rapidly the wheels may be impelled until the check is taken off. The balance wheel makes the watch move in time; and it may be the limitation of the bodily organs only which compel the mind to act in reference to time. A disembodied spirit may have as little to do with time as with space. To all spirits, in their degree, as well as to the Supreme Spirit, one day may, in the literal acceptation of the words, be as a thousand years, and a thousand years as one day; so that in the future life we may continually live over again every portion of our past existence, not piecemeal and fragmentarily, but as an undivided whole; just as the eye takes in a single glance the whole prospect before it, no matter though it be bounded only by the remotest distance from which the farthest ray of light has come which has been casting upward since creation.

Something of this sort has been remarked by those few who have so nearly passed the boundaries between the present and the future life, that they have won a glimpse of that "undiscovered country, from whose bourne," the great dramatist as-

sumes, falsely perhaps, "no traveller returns." De Quincy, the "English opium eater," relates an incident of this kind of a friend who was once at the point of death by drowning. At the moment when she was on the verge of death, she saw her whole life, down to its minute and apparent trivial incidents arrayed before her, as if in a mirror; and at the same time she felt within herself the sudden development of a faculty for comprehending the whole and every part. And he intimates that the possibility of this mighty development is confirmed by experiences of his during that abnormal relation between his spiritual and physical nature which had been induced by the use of opium. Abercrombie relates the case of a boy, who at the age of four years, was rendered insensible by some violence, which fractured his skull. In this state he underwent the operation of trepanning. After recovery, he retained no recollection of the operation, or of the accident which occasioned it. More than ten years after he was seized with a violent fever, during which he became delirious. And now the faint traces made so long ago upon his consciousness -traces so faint that there was no reason to suspect their existence—were brought out under the fierce alchemy of disease, with the utmost distinctness, and he related the occurrence with the utmost minuteness.

One of the most common phenomena in respect to old age, is the re-awakening of the dormant recollections of childhood. Many cases are on record of emigrants who left our German Father land, and have sought a new home in America, at so early an age as to have forgotten their native language; but when, often in the extremest age, they lay upon the bed of death, those long-forgotten words come back to their recollection, and their latest prayers are breathed in the language in which their cradle hymns were sung.\*

<sup>\*</sup> We were once personally familiar with a remarkable case of this nature. A clergyman was called to visit an aged man who appeared to be dying. He had been married nearly fifty years, and was surrounded by his wife and children, but in his illness he began to talk to them in an unknown tongue, and could not use the English language, which he had spoken for half a century. It was impossible for him to make himself understood, and as he had led a wicked life, and seemed evidently greatly distressed with his nearness to death, it was painful to witness his unavailing efforts to communicate his thoughts. He was one of the Hessians who came to this country during the Revolutionary war, and remained at its close. He

Carsten Niebuhr, the oriental traveller, father of our beloved historian and statesman, furnishes a striking example of the revived recollection of scenes and events long past. When old and blind, and so feeble that he had barely strength to be borne from his bed to his chair, the dim remembrance of his early adventures thronged before his memory with such vividness, they painted themselves as pictures upon his sightless eye-balls. As he lay upon his bed, pictures of the gorgeous Orient flashed upon his darkness as distinctly as if he had just closed his eyes to shut them out for an instant. The cloudless blue of the eastern heavens bending by day over the broad deserts, and studded by night with eastern constellations, shone as vividly before him, after the lapse of half a century, as they did upon the first Chaldean shepherds. And he discoursed with strange and thrilling eloquence upon those scenes which thus in the hours of stillness and darkness were reflected upon his inmost soul.

The case of Tennent, a well known American clergyman of the last century, opens up many interesting trains of thought; but none so worthy of consideration as that of the sudden revival of recollection. He was attacked by a dangerous illness, occasioned, apparently, by severe and protracted study. One morning, after his life had been despaired of, while conversing in Latin with his brother, he suddenly became insensible, and to all appearance dead. His funeral was appointed after the usual interval. But his physician, who was an intimate friend, refused to believe he could be dead; whose conviction was somewhat supported by the averment of one of the persons who assisted in laying out the body, that he thought he had perceived a slight warmth in the region of the heart. So earnest was the physician, that the funeral was postponed: the time was again appointed, and again and again the friend pleaded for a little delay—first an hour, then half an hour, then a quarter—but still no signs of life appeared, and it was determined that the ceremony should proceed. But just at the

married an American woman and spent his days here, having acquired our language, but in his old age and feeble state the latter years of his life were apparently obliterated, and his earlier days and his mother tongue revived. What made the case still more remarkable was, that upon partial recovery from his illness, he commenced talking in English again. (Ed. Obs.)

supreme moment, the sunken eyelids were raised for an instant, and the body became once more an apparent corpse. An hour passed away, and another groan was heard, and again the body sunk in apparent death. Another hour and another groan, followed now by slight tokens of returning life. The feeble spark was carefully tended, and the patient was slowly restored to health. But it was apparent that his memory was a complete blank. The past was as entirely forgotten as though he had drank of the waters of Lethe. One day seeing his sister reading, he asked her what it was that she held in her hand. On being answered that it was the Bible, he rejoined, "What is the Bible? I do not know what you mean." In every respect, as far as acquired knowledge was concerned, he was a child again. Slowly and laboriously he recommenced his education, beginning at the simplest rudiments. He was one day reading an elementary Latin book with the brother with whom he was speaking in that language at the time of his apparent decease, when all at once he stopped as though he had received a sudden shock, and declared the book seemed familiar to him. In a short time the veil was entirely lifted, and his past acquirements and experience became once more portions of his conscious being. During all this time he uniformly asserted, that he had the most intense and vivid recollection of all that transpired during the days of apparent, or as he firmly believed, real death. He dared not, he said, relate fully what he had seen in that spirit land; but an account of it would be found among his papers after his decease. That event, however, took place during the disturbance of the war of the American Revolution, and these papers, by a series of singular accidents, were lost, before falling into the hands of his executor, and so were never examined. But if his own testimonythe testimony of a gentleman of unimpeached veracity, who for more than half a century thereafter maintained a character of remarkable soberness and circumspection—is to be relied upon, his soul passed from the body, and entered the world of spirits, where he stood in the full presence of that ineffable glory upon which no man may look and live. Did he, in fact, pass those viewless portals, which, we are told, deny all return? Was his call to life a new birth from the dead? Who knows?

Whatever may be the bearings of this case of Tennent upon the subject of dreams and trances, or apparent death, it is certain that a forgetfulness apparently as absolute as can be conceived, was in fact only apparent; that the light from his past existence was invisible only because obscured by the brighter light from the spirit land; just as the faint stars are invisible when concealed by the obscuring daylight, and wait to be revealed when that shall be withdrawn. It is one of those numerous instances which go far towards warranting the belief that there is no such thing as absolute forgetfulness; that every impression made upon the mind is ineffaceable, every inscription incapable of obliteration. A veil may be drawn between the after-consciousness and the inscription; the characters may be filled up; but this veil is ready at any moment to be withdrawn, the filling up to fall away, when the characters will become as legible as when first traced.

There is another well authenticated case, in some respects still more striking, showing as it does, how slight may be the impressions made upon the mind, which shall vet prove ineffaceable. A poor servant girl, in a German town, was attacked by a violent fever. She was unable to read or write, but during the paroxysms of her disease, she became possessed -so the priests say-by a very polyglot devil. She would keep spouting forth in a loud and monotonous voice, unconnected sentences of Latin, Greek and Hebrew. Sheet after sheet of these ravings were taken down; but those who attempted to find the elucidation of some deep mysteries in the Babel of unknown tongues, got their labor for their pains. At length her physician determined to trace out her antecedents. He succeeded in ascertaining that, many years before, while a mere child, she had been employed as a servant by a learned ecclesiastic, whose habit it was to pace up and down a passage in his house, communicating with the kitchen, and read aloud his favorite books. These scattered and unconnected phrases, caught in the intervals of her labor, were now reproduced by her, after an interval of many years. Passage after passage of the notes taken down from her feverish lips, were identified among the old priest's favorite authors; so that not the least doubt remained as to the origin of the girl's "possessions."

Coleridge, in speaking of this case, adds to it one of the weightiest comments ever uttered. "This instance," he says, "contributes to make it probable, that all thoughts are in themselves imperishable; and that if the intelligent faculty should be rendered more comprehensive," (and that this is probable, the instance cited above from the "Opium-eater," shows conclusively,) "it would require only a different and apportioned organization—the body celestial instead of the body terrestrial -to bring before every human soul the collective experience of his whole past existence. And this, perchance, is the dread Book of Judgment, in whose mysterious hieroglyphics every idle word is recorded. Yes, in the very nature of a living spirit it may be more possible that heaven and earth should pass away, than that a single act, a single thought, should be loosened or lost from that living chain of causes, to all whose links, conscious or unconscious, the free will-our own absolute self-is co-extensive and co-present."

It is no idle question, "Do we ever forget?"

[For the Journal of Health.

# BE KIND TO CHILDREN.

READER, be kind to children—then your name will be held by them, in after years, with a grateful remembrance—for impressions formed in childhood, though trifling in their nature, are almost always indelible.

If we speak an unkind word to a child, how soon a shade of gloom will steal over its little brow: and if they have really done something that deserves censure, remember they are but children, and you must expect they will do things inconsiderately; but it is your duty to forgive, and treat them with kindness, for we are satisfied, from what has come under our own observation, that kindness will control an obstinate child far better than severity. If that be true, be kind to children.

But perhaps a mother will say, "My child is so obstinate that I cannot help speaking to it harshly." But remember, mother, your harsh words have lost their power, and if you would control your child, let your voice be low and soft, as the Æolian harp: then the nerves of its little heart will vi-

brate pleasurably at the sound of its mother's voice; then even a look will control it more easily than all the unkind words imaginable.

We are ourselves often troubled with children, not our own, but we don't say to them, because they are a little in the way, go home, you are always where you ought not to be; but when we wish them to leave, we make them some trifling present, and invite them to retire, and come again at some future time. They most always cheerfully leave us, with their faces wreathed in smiles: then they are happy, and so are we.

Reader, be kind to children; then, when you are absent, they will always think of you with pleasure and delight.

MAHALA.

Griswold's Mills.

# DIFFERENCE BETWEEN DOCTORS AND LAWYERS.

Judge Daly, at a late meeting of the Society for Relief of Widows of Physicians, said:

I doubt if as good an understanding subsists among members of the medical as among those of the legal profession, and this, I think, may be attributed to the different manner in which they pursue their different vocations. The lawyer is always pitted against an adversary; he is brought at once into collision with a skillful and well-armed opponent, in a mutual struggle for victory. For the display of his powers and the exercise of his talents, he comes into a public arena and champions his adversary to the combat. Now the effect of this collision is highly beneficial and healthful. As nothing is more dangerous than pent-up passion or long-nursed animosities, an opportunity is here found to give them vent; they consequently evaporate in this war of words, and, whatever sharp things lawyers publicly say of each other, the matter ends with a healthier feeling and a better understanding. "We always have a better feeling for a man," says an old Greek philosopher, "after we have wrestled with him," and such is the effect of this legal wrestle. It is a kind of purging process, stirring up all the bile and ill humors of the system, and throwing them off by means of this healthy agitation. There is, moreover, a great advantage in having somebody to

act as an umpire between them to decide the matter, and put an end to the strife. But, says the world-wide adage, "who shall decide when doctors disagree?" Consequently, Mr. Chairman, it is difficult to find a more social set, when they come together, than a nest of lawyers. Now, the case of the physician is very different. He is a silent and a solitary worker. The matter is entirely between himself and his patient. He is, consequently, more exposed to the carping of professional envy and to the misrepresentation of professional jealousy. He is more easily assailed, and less easily defended. He is powerless himself, for he cannot champion his undervaluer to the lists, and overthrow him in the contest of professional skill. He has no shrewd and keen adversary to take advantage of the faults, or, what may be of more value to him, to appreciate and feel his ability. There are no echoing plaudits to hail the triumphs of his genius. For the development, therefore, of those social feelings that grow from professional intercourse, his position is far less advantageous than that of his legal brother.

SULKY DIGNITY.—We sometimes meet with men who seem to think that any indulgence in an affectionate feeling is a weakness. They will return from a journey, and greet their families with a distant dignity, and move among their children with the cold and lofty splendor of an iceberg, surrounded by its broken fragments. There is hardly a more unnatural sight on earth than one of those families without a heart. A father had better extinguish a boy's eyes than take away his heart. Who that has experienced the joys of friendship, and values sympathy and affection, would not rather lose all that is beautiful in nature's scenery, than be robbed of the hidden treasure of his heart? Cherish, then, your heart's best affections. Indulge in the warm and gushing emotions of filial, parental and fraternal love. Think it not a weakness. God is love. Love God, everybody, and everything that is lovely. Teach your children to love; to love the rose, the robin; to love their parents; to love their God. Let it be the studied object of their domestic culture, to give them warm hearts, ardent affections. Bind your family together by these strong cords. You cannot make them too strong. Religion is love; love to God, love to man.—Anon.

### THE AIMS OF LIFE.

It is as true as truth, that the duties of life are more than life itself. To live, comprehends far more than the mere eating, drinking, and sleeping of every day existence. Gifted, as man is, with an active, inquiring mind; endowed with intellectual and moral powers; with a heart sensitive and alive to pleasure and to sorrow; with an immortal soul and an after destiny;—the ends and aims of his existence are certainly as lofty as the skies, and far above the little plans and schemes of life and enjoyment, which now so much occupy and engross the thoughts of mortals. Shakespeare speaks of "the touch of nature" which makes all men "kin"—uniting them together by a common bond of brotherhood. So to live as to benefit the human race, rather than to act as a bane and an injury, seems the duty of every one.

There is no doubt that an act of charity or benevolence done to another, creates in the human bosom a melody sweeter than the divinest harmony, and brings a reward far more precious than the diamonds of the richest mines, or the wealth of the most golden mountains. And in pursuing the journey of life—a rugged and thorny pathway, truly, with few flowers to beautify and adorn it—it is well to remember that all have cares and troubles and sorrows, which a little kindness may alleviate if not remove. It is well to remember that

# "Much of care Every human heart must bear,"

and that true benevolence consists not alone in good wishes, but in active deeds. The consciousness of having made one heart happier during the day, might well serve as a reward for the performance of a good action. The promptings of a benevolent nature are pure and lofty, and shed a tinge of tranquil happiness over the life of him who possesses it. As the morning dew arises to heaven rich with the fragrance of the flowers it has refreshed and brightened, so true benevolence ascends to the skies, laden with the blessings of all those upon whom it has shed one little ray of warm and genial sunshine.—Anon.

### BEER DRINKING.

I have been repeatedly asked whether drinking Porter would not be a benefit in certain cases of debility, loss of flesh, and the like. I have never advised the use of Beer, Porter, Ale, or anything of that kind, as a medicine, or for any other purpose, because they do not give permanent and substantial advantages. A person using these articles will undoubtedly in numerous instances "fatten up," at least in appearance, especially in the fall, but it is a deceptive gain; up to a certain point, there is an apparent improvement from its use, but all at once that improvement ceases, and the person sinks rapidly to the grave. There is a point at which it loses all its power, and, when it ceases to afford its accustomed stimulus, the person dies, precisely as in the habitual and excessive use of Brandy, or Tobacco, or Opium.

"Medical men," says Dr. Gorden, "are familiar with the fact that beer drinkers in London can scarcely scratch their fingers without risk of their lives. A copious London beer drinker is one vital part. He wears his heart on his sleeve; bare to a death wound even from a rusty nail, or the claw of a cat." Sir Astley Cooper, on one occasion, was called to a drayman who had received an injury in his finger from a small splinter of a stone. Suppuration had taken place. This distinguished surgeon opened the small abscess with his lancet. On returning, he discovered that he had forgotten his lancet case; going for this he found his patient in a dying state. "Every medical man in London," concludes the same writer, "dreads, above all things, a beer drinker for a patient."

Dyspersia and Vinegar.—As soon as food reaches the stomach of a hungry, healthy man, it pours out a fluid substance, called gastric juice, as instantly as the eye yields water, if it is touched by any thing hard; this gastric dissolves the food from without inwards, as lumps of ice in a glass of water are melted from without inwards. If from any cause the food is not thus melted, or dissolved, that is indigestion, or dyspepsia. Vinegar, in its action on food, is more nearly like the gastric juice than any other fluid known; thus it is that a pickle or a little vinegar will "settle the stomach," when some discomfort is experienced after eating. The best vinegar for that or any other purpose is made thus: Mix two quarts of New Orleans molasses with five quarts of warm rain water, and four quarts of yeast: use in a few weeks.

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# HEALTH, WEALTH, AND RELIGION

Are the three grand duties of life. Each additional year confirms me in the opinion that pulpit teachings in reference to money are erroneous, mischievous, and inconsistent. The vanity of riches, that silver and gold are dross, that wealth is a snare, that it is hard for a rich man to enter heaven, these are stereotype themes and afford scope for a beautiful display of words and imagination.

If money is indeed so trashy, if its pursuit perils a man's soul, why is it that in some cases we never go to church on the Sabbath-day without having a silver plate handed round, that tells plainly enough whether the giver throws in a copper cent or a silver dollar, thus shaming the humble poor and tempting the ostentatious to go beyond their means; we thus give the lie to our teachings, and more than this, we practically ignore the expressive teachings of scripture, that we must not let the left hand know what our right hand doeth. I will leave it to the reflective man of wealth, who is yet among the world's people, if he does not often turn away with a feeling of contemptuousness at theory and practice so mal apropos.

At one moment we are told that wealth is a canker; how unavailing to procure happiness; the next we are reminded of how blessed a thing it is to give, and what a large good may be done in the judicious use of a small amount of money. These inconsistencies perplex the "feeble folk" and confuse the lambs of the flock, for whom we ought specially to care. Men of New York, and Philadelphia, and Boston, and of the thousands of smaller cities and towns of this broad land, whether money be a hindrance against entering heaven or not, judge ye; but this I know, its possession here is necessary to a seat near God's altar. We cannot sit under the droppings of

the sanctuary if we are not rich, at least comparatively. It is notorious that the radical, the distinctive principles of primitive christianity are reversed among us. In early times, when the love of a recently ascended Saviour burned within the hearts of his followers, it was heralded abroad as something singular and almost miraculous, that

"The poor have the gospel preached to them."

Such is not the case in New York. Here we must give a thousand dollars for a pew holding five persons, and in addition to that thousand we must pay seven per cent. every year for church expenses. In our Fifth Avenue Church, built at the cost of a hundred and thirty thousand dollars, there is not a pew or even single sitting to be had; this is largely complimentary to our minister, one of the best of men and of commanding talents, yet this is the very kind of man needed for the poor, for it requires all his piety to stoop so low as to wash their feet, and all his talents to make the hidden things of the Bible plain to their uncultivated minds; but the rich bid the highest, and the poor must put up with any crumbs they may get from the tables of their richer brethren in the way of standing room in the vestibule or gallery, or an occasional vacant seat on rainy days, or very dusty, or very warm, or very windy, or very cold, or in the dog days when it isn't fashionable to be seen in town; in this last case, indeed, there is plenty of room, but the voice of that pious and talented man is not there to instruct by thoughts that breathe and words that burn; still there is a voice there giving sound, coming from some weak brother, or practising licentiate, or high-falutin sophomore. I really don't know but after all our Quaker Friends are nearest primitive practices in this most important respect. Their houses of religious meeting are very large, very plain, very clean, and abundantly free to all who come; the "weary and the heavy laden" may indeed there literally find restrest for the weary body, rest in the decent quiet of the place, from the tumultuous tossings of the world's conflict with want, its strivings for bread. Next to them are the lovely Moravian Brethren, and then our Methodist friends, but they, alas, are receding before so-called civilization, or falling in with the fashion of the world, in selling places near God's altar to the highest bidder. Last month I went to a church in Arch-street,

Philadelphia; the heads of the three aisles were crowded with people waiting for the one sexton to show them places; and we observed in several instances that when the owners came they took keys from their pockets and unlocked the pew doors. No doubt reasons are at hand for the fine church and for the pew system, but whether they will stand the test of universal brotherhood, all being children of the same common Father of all, who is himself no respecter of persons, I cannot say. The question comes back with some power, ought I to lock my pew door on a waiting brother? ought I to exclude the poor from the kingdom of heaven, by virtually excluding them from receiving those teachings which guide and prepare for that kingdom? These things may at least be re-investigated.

The general impression in a christian community is, that the first duty of man is to become a christian. A physician is naturally possessed of the confidence of his patients as to health, and gradually that is extended to other things as dear. often consulted as to marrying, and professional duty sometimes leads me to take the initiative as to advice on that subject; the first item of all is, "Let the man or woman you marry be healthy." If your companion for life is ignorant, you may instruct; if poor, you may enrich; if wanting position, you may elevate; if lacking religion, you may place at hand the means of conversion-your own pious life will almost certainly be that means of conversion; if lazy, or dirty, or unmethodical, which is just as bad perhaps, you can correct these by example and by judicious and encouraging teachings; but if you marry a bad constitution, a radically diseased body, there is no effective certain remedy, and you lay the foundation for a life of disquietude, discouragement, and expense to yourself; while if any children are born to you, they will inherit that misfortune in an aggravated form, and thus you will have a sickly child to be a canker, a festering wound, a rankling thorn, a weary wasting anxiety, to the latest hour of life; for can anything throw one ray of sunlight across my heart when the child of my bosom is wasting and waning before me to a certain and premature grave? I think not.

To be truly religious, and to have true views on all subjects connected with religion, a man should have undisputed health. A sound mind in a sound body is, I believe, an axiom, a first

principle, and as no child is born religious, and all "go astray from the womb, speaking lies," a healthfully acting mind in a healthy body seems to be a prerequisite towards giving the arguments for religious truth the consideration due them; if this be so, then the first parental duty to the new-born child is, not in reference to religion directly, but in reference to its health, its preservation if good, and its improvement if defective. It seems then to follow, that good health, other things being equal, is a prerequisite in the investigation of religious truth, and rather increases the probability that the arguments substantiating such truth will be properly appreciated; in other words, a healthy man is more likely to be brought under the power of religious truth, and to become a christian from sterling principle, than an unhealthy man. I know it is said by the blessed One himself, "Seek first the kingdom of God and his righteousness," but a search pre-supposes eyes to see, health to perceive the full force of exhortation, argument, miracle.

I will not take it upon me to run this out, therefore I go no further than to say, that the preservation and the promotion of the highest health of body is among the very first duties of an immortal mind; for, the better we can understand our duty here, the higher and the more glorious will be our position hereafter; and to be able to comprehend our duty in its broadest sense, and with the most convincing power, we ought to be able to bring to bear on that truth the greatest strength of mind which the highest health of body can secure.

If these things be so, where stands the man who pays no attention to the preservation of his health? Where stands the parent who gives no instruction to his children, nor causes them to be instructed, as to the laws of health and life? Does a good citizen even, let alone a christian parent, do his duty by his children, when he goes no further than the catechism, the confession, or the prayer book?

If, then, I were required to comprise in three parts the main effort of life, I would say—

Strive with all the energy God hath given you, to be healthy, to be religious, to be rich. The more healthy you are, the more truly and highly religious you can be; and the richer you are, the more can you do towards placing the same glorious religion

within reach at least, of the perishing myriads of earth's poor. In view of this mode of argument, there is more truth than appears at a first glance, in the two following extracts from some of our exchanges, showing sarcastically how necessary wealth is to a wide influence, how it gives influence in spite of a bad private character, but how resistless and how wide, if piety and wealth went hand in hand for humanity and heaven.

What I have said is not so much against fine churches, as against the very general habit of bearing hard on riches and rich men in theory, while in practice all that is possible is done to cause the rich to bestow their riches on the church and its professed objects.

Another of the things to be re-investigated, as hinted in the

November number, is simply this:-

Is it right for the pulpit to bear so hard from Sabbath to Sabbath on riches, and rich men, per se? More pains ought to be expended in a just discrimination between abused wealth, unsanctified wealth, and wealth itself. We say money is the sinew of war; not less true is it that money is the sinew of the war spiritual. The great Head of the Church has chosen to ordain that religion should be extended over the world not by miracle, but by money, and the instrument should be honored at least for the uses it is put to, and not fulminated against, as it is, almost with spitefulness sometimes as unwise as the railings of the rabble in the times of barricades, against the rich, and the titled, and the elevated.

Our newspapers, too, make it a standing and favorite theme to be patter the rich, to anathemize them. Indeed, the unguarded are almost persuaded sometimes to consider it a crime to be rich. This is all wrong, radically wrong. Instead of cherishing a kind of malignant feeling against such men, we ought rather to go on the principle that to be rich, pre-supposes its possessor to have been a man of industry, of self-denial and of economy, therefore, in all justice, the very fact of a man being rich entitles him to our respect, for I am persuaded that more men are rich from inheritance and from economy and industry, than from dishonorable practices; and surely there is nothing discreditable in being wealthy either by inheritance or by industry. Away then with this railing against the rich, let it be preached from the pulpit, and let it be proclaimed by

the press with its million tongues, that to accumulate wealth is one of the first, one of the highest, one of the noblest duties of an immortal mind, and then, that to use it benevolently makes that mind akin to God.

The true Christian doctrine is, make all you can honorably, save all you can unmeanly, bestow all you can unostentatiously.

There is truth then in "Lowell Philosophy," while in the article following it, there is that blending of the true, the specious and the false, which makes it almost dangerous to admit the majority of weekly newspapers to our centre tables. And although mine is a Journal of Health, yet I did not design originally that it should be restricted to bodily health, but contemplated an occasional episode for the promotion of health moral, social, political. And as a parent and citizen and church member, I throw out this incidental subject, another item for re-consideration. Look to your weekly newspaper and reflect whether it is always on the side of the Bible and Bible religion, or whether it does not more than semi-occasionally, aim side thrusts against that religion as now generally understood.

#### PHILOSOPHY AT LOWELL.

Every man owes it to society to become rich, for the poor man's advice is never heeded, let it be ever so valuable. The more wise one may be, the more he owes it to his country to become wealthy. Every addition made to a man's fortune adds ten per cent to his influence. Let a man throw a doubloon on the counter, and every one will want to hear it ring. Throw a cent down, however, and its voice would prove no more attractive than a poor relation's.

IF YOU WANT YOUR TALENTS APPRECIATED, GET RICH.

"That tells the whole story in a nutshell. If you wish to be anybody in the estimation of mankind, get rich. No matter how pure your morality, how lofty your aspiration, how disciplined your mind, unless you have a fortune you will never be loved, noticed or respected. But if your ancestor chanced to be a miser, and thus left you a goodly heritage, you are fawned on, courted and flattered. If you are a real knave, or a blockhead, it's of no consequence, for you are rich. This blind idolatry of wealth, the worship of mammon, is enough to make

an honest man blush for his race. The almighty dollar is the whole end of existence, and the only object of life. The minister of God forgets his high calling, and preaches for a higher salary. His congregation following him to the costly and magnificient edifice ostensibly dedicated to God, and instead of meditating on the true end of life, they are absorbed in admiring their own or envying their neighbor's rich garments, and scheming how the morrow shall add to their store of wealth.

Extravagance, fashion, and cheating, throng our streets, and jostle against honest toil. Liveried footmen and costly coaches hurry by and splash merit with mud thrown from the wheels—and thus it is in every phase of life. The toiling, laboring poor are despised and contemned. Riches are coveted, sought for and worshiped by the million. Honesty and truth, merit and talent, are sold for a 'mess of pottage.' Too often the most open dishonesty is forgiven and forgotten, because wealth blinds the eyes and obliterates the memory of the public. 'An honest man is the noblest work of God,' was once true; but now, 'get all you can, and keep what you get,' is the great principle of the age."

## RECIPE FOR A RAINY DAY.

WE did not intend in the conduct of our Journal to take the bread out of our own mouths by telling people how they were to get well without calling on a doctor. Still, we made no promise to that effect; we merely stated our intention, thus leaving a hole for honorable exit in case of a change of views, for wise men do change sometimes, fools-never. We will take care to be always consistent and always safe by being lavish in the expression of our intentions, but penuriously parsimonious in proffering promises. As a doctor, we never promised to cure certainly man, woman or child of anything, not even of the scratch of a pin, nor do we ever expect to do so silly a thing. None but the verdant or the wicked ever make promises of cure; but to the recipe " How to lay up money for a rainy day," as obtained from a Kennebec paper, it being kept in mind that it is healthful and agreeable to have money over and above what you owe and need.

A number of years ago, Charles and Clara S- were mar-

ried in the city of New York. Charles was wealthy and in good business-very comfortable circumstances for a young man, which tended, of course, to develope his naturally liberal disposition. Feeling thus happy and independent of the world's frowns, he proposed to his youthful bride, one day during the honey moon, to give her five thousand dollars for every "scion of his house" which should be engrafted upon the family tree —an arrangement, as may be supposed to which the lovely Clara made not the slightest objection. Time passed on.— Charles faithfully performing his agreement, and making no inquiries as to the disposition of her money by his better half, until they had been married some ten years; fortune, which had smiled with constancy, suddenly turned her back and left him apparently high and dry among the breakers of Wall street. When the crisis had arrived, he went home with a heavy heart, to announce the sad news to his wife, that he was an irretrievably ruined man—that his property had all gone to satisfy his creditors, and nothing was left. "Not exactly so bad as that, my dear," said Clara. "Wait a minute, and see what I have been doing." Thus saying, she ran up-stairs, and soon returned with a deed in her own name, for one half of an elegant block of houses in the neighborhood, worth thirty thousand dollars. "You see I have been industrious," continued she. "and have laid up something for a rainy day. you had been as smart as your brother, we might have had the whole block, by this time!"

### CORN BREAD AND CONSTIPATION.

Corn Bread, the "Indian" of the North, when properly made and of suitable materials, is a sweet, healthful and delightful article of food. We seldom see southern corn bread on a northern table, because the meal is ground entirely too fine, and becomes soggy in the baking: to obviate this sogginess and its effects on the system, northerners put physic in their meal, and make it sometimes apparently as good as the southern bread, whose only constituents are meal itself, a little milk and some salt.

One pound of Indian, that is, corn meal, one and a half pints of milk, five eggs, a piece of butter, as large as a hen's egg, a lump of soda as large as a pea, and a teaspoonful of cream of tartar; bake it three quarters of an hour.

Real Corn Bread.—Persons who prefer not to take physic in their food, may make a very superior and healthful article of corn bread, as follows: one quart of sour milk, two tablespoons of flour, three eggs, and as much corn-meal as will make a stiff batter.

Indian Meal Waffles.—Boil two cups of hominy very soft, and an equal quantity of sifted Indian meal, a tablespoonful of salt, half a tea-cup of butter, and three eggs, with milk enough to make a thin batter. Beat altogether, and bake in waffle irons. When eggs cannot be procured, yeast is a good substitute—put a spoonful in the batter, and let it stand an hour to rise.

The medicinal effects of corn bread, as also of bran bread, wheaten grits, &c., arise, in part, from the roughness of the particles of meal gently irritating the surface of the intestines along which it passes, causing the secretories to pour out a more copious supply of fluid, which gradually accumulating in the lower intestines, acts on the same principle as an injection, namely, by the distension which it occasions, and the subsequent reaction of contraction, which expels the contents of the lower bowel, called the *rectum*.

I cannot but pause here to call the reader's attention to this, among the multitude of other evidences of the wonderful wisdom displayed in our formation by Him who made all worlds. The functions of the anus, considered the most despicable part of man, are carried on by principles, which at the expiration of six thousand years, man has just learned to apply to machinery, and which when observed for the first time in the machine shop, strikes the beholder with wonder. It is observed in the printing-press, when the bed has moved to a certain limit, it instantly returns, apparently of itself, to its former position, and that too when the main wheels continue running in the same direction, the whole mass seeming to act by instinct, as if it knew how far it should go, and then return without bidding. It is well worth the reader's while to visit an establishment where steam-engines are made, to witness this.

#### SENSATIONS IN DROWNING.

To the many thousands scattered throughout this wide land, whose hearts were wrung by the loss of the Arctic, where, in five hours, three hundred souls, numbering among them some of the brightest and best spirits of our times, perished amid the remorseless waters, the following letter of Admiral Beaufort to Dr. Wollaston, and originally published in the life of Sir John Barrow, may be read with interest:—

"The following circumstances which attended my being drowned have been drawn up at your desire; they had not struck me as being so curious as you consider them, because from two or three persons, who, like myself, have been recovered from a similar state, I have heard a detail of their feelings, which resemble mine as nearly as was consistent with our different constitutions and dispositions.

"Many years ago, when I was a youngster on board one of his Majesty's ships in Portsmouth Harbor, after sculling about in a very small boat, I was endeavoring to fasten her alongside the ship to one of the scuttle-rings; in foolish eagerness I stepped upon the gunwale; the boat, of course, upset, and I fell into the water, and not knowing how to swim, all my efforts to lay hold either of the boat or the floating sculls were fruit-The transaction had not been observed by the sentinel on the gangway, and therefore it was not until the tide had drifted me some distance astern of the ship that a man in the foretop saw me splashing in the water and gave the alarm. The first lieutenant instantly and gallantly jumped overboard, the carpenter followed his example, and the gunner hastened into a boat and pulled after them. With the violent but vain attempts to make myself heard I had swallowed much water; I was soon exhausted by my struggle, and before my relief reached me, I had sank below the surface; all hopes had fled -all exertion ceased-and I felt that I was drowning.

"So far, these facts were either partially remembered after my recovery or supplied by those who had latterly witnessed the scene; for during an interval of such agitation a drowning person is too much occupied in catching at every passing straw, or too much absorbed by alternate hope and despair, to mark the succession of events very accurately. Not so, however, with the facts which immediately ensued; my mind had been undergoing the sudden revolution which appeared to you so remarkable, and all the circumstances of which are now as vividly fresh in my memory as if they had occurred but yesterday. From the moment that all exertion had ceasedwhich I imagine was the immediate consequence of complete suffocation—a calm feeling of the most perfect tranquillity superseded the previous tumultuous resignation—for drowning no longer appeared to be an evil-I no longer thought of being rescued, nor was I in any bodily pain. On the contrary, my sensations were now of rather a pleasurable cast, partaking of that dull but contented sort of feeling which precedes the sleep produced by fatigue. Though the senses were thus deadened, not so the mind; its activity seemed to be invigorated in a ratio which defies all description, for thought rose after thought with a rapidity of succession that is not only indescribable, but probably inconceivable by any one who has not himself been in a similar situation. The course of those thoughts I can even now in a great measure retrace; the event which had just taken place—the awkwardness that had produced it—the bustle it must have occasioned (for I had observed two persons jump for the chains)—the effect it would have on a most affectionate father—the manner in which he would disclose it to the rest of the family-and a thousand other circumstances minutely associated with home, were the first series of reflections that occurred. Then they took a wider range-our last cruise—a former voyage, and shipwreck—my school—the progress I made there, and the time I had misspent-and even all my boyish pursuits and adventures. Thus travelling backwards, every past incident of my life seemed to glance across my recollection in retrograde succession; not however, in mere outline, as here stated, but the picture filled up with every minute and collateral feature; in short, the whole period of my existence seemed to be placed before me in a kind of panoramic review, and each act of it seemed to be accompanied by a consciousness of right or wrong, or by some reflection on its cause or its consequences; indeed many trifling events which had been long forgotten then crowded into my imagination, and with the character of recent familiarity. May not all these be some indication of the almost infinite power of

memory with which we may awaken in another world, and thus be compelled to contemplate our past lives? But however that may be, one circumstance was highly remarkable: the innumerable ideas which flashed into my mind were all retrospective; yet I had been religiously brought up; my hopes and fears of the next world had lost nothing of their early strength, and at any other period intense interest and awful anxiety would have been excited by the mere probability that I was floating on the threshold of eternity; yet at that inexplicable moment, when I had full conviction that I had crossed that threshold, not a single thought wandered into the future—I was wrapt entirely in the past. The length of time that was occupied by this deluge of ideas, or rather the shortness of time into which they were condensed, I cannot now state with precision, yet certainly two minutes could not have elapsed from the moment of suffocation to that of my being hauled up.

"The strength of the flood-tide made it expedient to pull the boat at once to another ship, where I underwent the usual vulgar process of emptying the water by letting my head hang downwards, then bleeding, chafing, and even administering gin; but my submersion had been really so brief, that according to the account of the lookers on, I was very quickly restored to animation.

"My feelings while life was returning were the very reverse in every point of those which have been described above. One single but confused idea—a miserable belief that I was drowning-dwelt upon my mind, instead of the multitude of clear and definite ideas which had recently rushed through it, a helpless anxiety—a kind of continuous nightmare—seemed to press heavily on every sense, and to prevent the formation of any distinct thought, and it was with difficulty that I became convinced that I was really alive. Again, instead of being absolutely free from bodily pain, as in my drowning state, I was now tortured with pain all over me; and though I have since been wounded in several places, and have often submitted to severe surgical discipline, yet my sufferings were at that time far greater; at least, in general distress. On one occasion I was shot in the lungs, and, after lying on the deck at night for some hours bleeding from other wounds, I at

length fainted. Now, as I felt sure that the wound in the lungs was mortal, it will appear obvious that the overwhelming sensation which accompanies fainting must have produced a perfect conviction that I was then in the act of dying. Yet nothing in the least resembling the operations of my mind when drowning then took place; and when I began to recover, I returned to a clear conception of my real state.

"If these involuntary experiments on the operation of death afford any satisfaction or interest to you they will not have been suffered quite in vain by

"Yours very truly,

F. BEAUFORT."

# DEATH NOT ALWAYS PAINFUL.

WE think that most persons have been 'ed to regard dying as a much more painful change than it generally is; first, because they have found by what they experienced in themselves and observed in others, that sentient beings often struggle when in distress; hence struggling to them is an in variable sign of distress. But we may remark, that struggles are very far from being an invariable sign of distress; muscular action and consciousness are two distinct things, often existing separately; and we have abundant reason to believe that in a great portion of cases, those struggles of dying man which are so distressing to behold, are as entirely independent of consciousness as the struggles of a recently decapitated fowl. A second reason why men are led to regard dying as a very painful change, is, because men often endure great pain without dying, and forgetting that like causes produce like effects only under similar circumstances, they infer that life cannot be destroyed without still greater pain. But the pains of death are much less than most persons have been led to believe, and we doubt not that many persons who live to the age of puberty, undergo tenfold more misery than they would, did they understand correct views concerning the change. In all cases of dying, the individual suffers no pain after the sensibility of his nervous system is destroyed, which is often without any previous pain.

Those who are struck dead by a stroke of lightning, those who are decapitated with one blow of the axe, and those who

are instantly destroyed by a crush of the brain, experience no pain at all in passing from a state of life to a dead state. One moment's expectation of being thus destroyed far exceeds in misery the pain during the act. Those who faint in having a little blood taken from the arm, or on any other occasion, have already endured all the misery they ever would did they not again revive. Those who die of fevers and most other diseases. suffer their greatest pain, as a general thing, hours, or even days, before they expire. The sensibility of the nervous system becomes gradually diminished; their pain becomes less and less acute under the same existing cause; and at the moment when their friends think them in the greatest distress, they are more at ease than they have been for many days previous; their disease, as far as it respects their feelings, begins to act upon them like an piate. Indeed, many are already dead as it respects themselves, when ignorant by-standers are much the most to be pitied, not for the loss of their friends, but their sympathizing anguish. Those diseases which destroy life without immediately affecting the nervous system, give rise to more pain than those that do affect the system so as to impair its sensibility. The most painful deaths which human beings inflict upon each other, are produced by rack and faggot. The halter is not so cruel as either of these, but more savage than the axe. Horror and pain considered, it seems to us that we should prefer a narcotic to either.—Chas. Knowlton, M. D.

Animal and Vegetable Physiology.—Dr. Salisbury, of Albany, has communicated to the American Scientific Association, some experiments on plants, which illustrate the analogy existing between animal and vegetable physiology. He extracted the poison of a dead rattlesnake, a small portion of which he inserted in the plants by moistening with it the blade of a knife, with which he wounded a lilac, a horse-chestnut, a corn plant, and a sunflower. In sixty hours after the infliction of the wound, they began to manifest symptoms of poisoning, and in a few days all the leaves above the wound were dead. In about fifteen days they manifested convalescence, and nearly all recovered from the injury.

#### BRAIN AND THOUGHT.

RICHMOND mentions the case of a woman whose brain was exposed in consequence of the removal of a considerable portion of its bony covering by disease. He says he repeatedly made pressure on the brain, and each time suspended all feelings and all intellect, which were instantly restored when the pressure was withdrawn. The same writer also relates another case, that of a man who had been trepanned, and who perceived his intellectual faculties failing, and his existence drawing to a close, every time the effused blood collected upon the brain so as to produce pressure.

Professor Chapman, of Philadelphia, mentions, in his lectures, that he saw an individual with his skull perforated, and the brain exposed, who was accustomed to submit himself to the same experiment of pressure as the above, and who was exhibited by the late Professor Westar to his class. His intellectual and moral faculties disappeared on the application of pressure to the brain; they were held under the thumb, as it were, and restored at pleasure to their full activity by discontinuing the pressure. But the most extraordinary case of this kind within my knowledge, and one peculiarly interesting to the physiologist and metaphysician, is related by Sir Astley Cooper in his surgical lectures.

A man by the name of Jones received an injury on his head, while on board a vessel in the Mediterranean, which rendered him insensible. The vessel, soon after this, made Gibraltar, where Jones was placed in the hospital, and remained several months in the same insensible state. He was then carried on board the Dolphin frigate to Deptford, and from thence was sent to St. Thomas's Hospital, London. He lay constantly upon his back, and breathed with difficulty. His pulse was regular, and each time it beat he moved his fingers. hungry or thirsty, he moved his lips and tongue. Mr. Clyne, the surgeon, found a portion of the skull depressed, trepanned him, and removed the depressed portion. Immediately after this operation the motion of his fingers ceased, and at four o'clock in the afternoon (the operation having been performed at one) he sat up in bed; sensation and volition returned, and in four days he got out of bed and conversed. The last thing

he remembered was the circumstance of taking a prize in the Mediterranean. From the moment of the accident, thirteen months and a few days, oblivion had come over him, and all recollection ceased. He had for more than one year drank of the cup of Lethe, and lived wholly unconscious of existence; yet, on removing a small portion of bone which pressed upon the brain, he was restored to the full possession of the powers of his mind and body.

## A MODEL AND CHEAP ICE HOUSE.

A correspondent of the New England Farmer gives a description of a very cheap mode of erecting an ice house, which he has found to keep ice the year round without any difficulty, and the cost of which does not exceed twenty-five dollars. The following is the description of his mode of building:

In the first place, dig out the dirt where you wish your house

to stand, to the depth of two feet, or more, if exposed to frost greatly, and fill up with stone, then put your sills on level with the ground, put in strong sleepers, and cover this over with three-inch plank. Commence upon these plank with scantling, sawed one and a half by four inches for your wall, laying one upon the other and nailing them one to the other; inside of this lay up another tier, leaving a space of about four inches to be filled up with sawdust, or tan-bark; so continue till you have it as high as you wish for ice; then take plank and cover over, having them to the outer edge of your inside wall; continue on as before with your walls, until as high as you like, and cover all over with plank two inches double; if under, no roof will be necessary more than this. Have two doors, one where the ice is, and one above where you can put in butter, milk, or anything you like to have kept cool. Bore these upper plank full of two-inch holes, the ones above the ice; and the ones at the bottom of the house bore half-inch holes through them once in about a foot all over the bottom, and spread two inches or more of sawdust or tan-bark over the bottom before putting your ice in. Pack the ice as closely as possible, not having it come quite up to the top and edge of your house, and when full throw sawdust, or whatever you may use, over the top, and also fill up between the ice and sides of the house,

### VALUABLE TABLE,

Containing the number of pounds in a bushel of the different articles named:

Of Bran						Twelve	Pounds.
Of Blue Gr	ass .					Fourteen	do
Of Shorts						Eighteen	do
Of Dried A	pples					Twenty-five	do
Of Oats,						Thirty-two	do
Of Dried P	eaches	}				Thirty-three	do
Of Hemp S	eed,					Forty-four	do
Of Timothy	Seed					Forty-five	do
Of Castor I	Beans.					Forty-six	do
Of Barley,						Forty-eight	do
Of Flax Se	ed					Fifty-six	do
Of Rye .						Fifty-six	do
Of Shelled	Corn					Fifty-six	do
Of Onions			•			Fifty-seven	do
Of Wheat						Sixty	do
Of Clover S					•	Sixty	do
Of Mineral	Coal					Seventy	do
Of Salt .						Seventy-five	
Of Corn on	the C	ob	,	•		Seventy-five	do

## INCURABLE INSANITY.

To be hopelessly insane, how terrible; a worse calamity than death itself. There are some singular facts in reference to insanity. New England gives the largest per centage of all sections of the Union, and the extreme Southern States the least. In some Northern localities, there is one insane person to about every six hundred of the population, while in the South, and especially among the negroes, there is not one in six thousand.

Another striking fact is, that the asylums in this country have a larger number of inmates from among the farming population than from among any other calling. This is accounted for in the sameness, the horsemill life of a farmer; he trudges around in the same track from one decade to another, bringing into requisition a single set of mental ener-

gies, while all the rest remain dormant to a certain extent and grow wild like an undisturbed field. The fact is, no man was ever made to be a loafer, not even as to a part of his faculties, corporeal, mental or moral. There is enough to do in these ages of the world, to keep every son and daughter of Adam at work all the time of his waking existence, not at mind-work alone or body-work alone, but mind and body both at work all the time of working hours. It is because of the partial loaferism of the multitude that so many of the truly good among us perish before their time. Often is it that when men find a competent and willing worker they impose on him the labor of a dozen men, and the inevitable result is that in a few years he is literally worked to death. We have had a near and recent instance of this in the untimely death of Bishop Wainwright.

The true lesson is, let the multitude do more and the few less, then will not these few die before their time, and then too will not the multitude overcrowd our lunatic asylums as they now do, no less than five hundred and sixty-one being in a single hospital in Massachusetts.

### CONSUMPTION—A SUGGESTION.

In November and December of each year multitudes bear away to the sunny south and to the isles of the sea, leaving behind them dear homes which, in many instances, they shall never see again, sundering associations and ties and hearts and loves, to be reunited no more. Some, and not a few, find in a few days after they reach those sunny climes, that the flowers do indeed bloom as in the springtime, the birds sing as gladsomely, and the clear blue sky and the bright warm sunshine bring gladness and health to all-but themselves; that the chill blood in their veins is not warmed, the hectic in their cheek is not dissolved into the red hue of health, while the song of the bird and the fresh tint of the flower carry them back to their childhood's home, now far, far away, and the one ambition now is, to go and die at home. They find that the mild, warm weather of the south debilitates them just as much as their own summers—why did they not think of that before? Could a warm day in latitude twenty impart any influences more than an equally warm day in latitude forty would do? This question is discussed at length in the eighth edition of Bronchitis and Kindred Diseases, (one of Redfield's publications, see last

page of cover.)

If a man is sick and must leave home, the general suggestion would be to select the most healthful locality. Vermont is the healthiest State in the Union, and the records of mortality for the last thirty years in the cheery city of Portland, Maine, justify the assertion that it is the healthiest city on this continent. The proof is in the fact among others, that it has never been visited by the cholera or suffered from any alarming epidemic. In spite of its proximity to the ocean, it must be a delightful resort for consumptives at least during the hot summer months, which make such large drafts upon the strength of all invalids.

### CONCERNING NEW YORK MILK.

The New York Mirror says that, early in the morning from thirty to forty milkmen, with "Orange county milk," and other titles "tasting of Flora and the country green," blazoned on their wagons, may be seen filling their cans with water from a pump in Sixteenth-street, near tenth avenue. After the water is put into the cans, he says a yellowish powder is also put in, and the whole well shaken, in order to give the milk a rich creamy look; and those early boys don't seem to make any secret of the thing; it is all in the way of trade.

A most rigid surveillance is kept up in Paris, and in all parts of the country from whence the capital is supplied, over the milk which is forwarded for the consumption of its inhabitants. Thirteen farmers have just been condemned to fines of one hundred francs and under, and one to eight days' imprisonment, for sending milk mixed with water.

While at our house on the Hudson last summer, we used a medical guage in testing the purity of unsophisticated, unadulterated milk just from an excellent cow, and allowed to cool; it gave a density of forty; pure well water at our door gave five only, showing that there was seven times more substance in pure milk than in pure water. On coming to town we thought it of high importance to get as good a quality of milk as possible, and for that purpose obtained milk from different wagons; some had so much water and so little cream, that it wouldn't

boil, consequently the mercury ballasted glass tube ranged at all distances between five and forty; one man's dairy gave a measure of forty-five, thus containing one-eighth more substance than milk known to be fresh and pure; as it kept well in midsummer all day, gave no sediment, boiled easily, and chemical tests did not indicate any foreign admixture, we concluded it was purer milk than we had in the country, in consequence of the evaporation of the more watery particles in warm weather, from the time of milking to the time of measurement some six or eight hours, as it came to the city by the H. R. Railroad. So, without his knowledge or consent, and without hope of reward, we give our milkman's name-P. J. Gurnie, 287 West 24th-street, New York. We trust, however, he will feel in gratitude bound, should he ever see this, as unfortunately for himself he is not a subscriber to the "Journal," to not keep our little Bob until eight o'clock every morning waiting for his breakfast, his former supply having been lately monopolized by a stranger.

HEALTHFULNESS OF FRUIT.—Fresh, ripe, perfect, raw fruit is safe and healthful at all seasons of the year, and amid the ravages of disease, whether epidemic, endemic or sporadic, general, special or local. Under proper restrictions as to quantity such fruit as named will cure a diarrhœa, aid in removing a cold, colic, fever, or an other disease whose treatment requires the bowels to be kept freely open; for this effect, fresh ripe fruit is acknowledged to have; but to be used advantageously in health and disease the following rules are imperative.

- 1. Fruit should be eaten ripe, raw, fresh and perfect.
- 2. It should be eaten in moderation.
- 3. It should be eaten not later than four o'clock in the afternoon.
- 4. No water or fluid of any description should be swallowed within an hour after eating fruit.
- 5. To have its full, beneficial effect, nothing else should be eaten at the time the fruit is taken.

It is to the neglect of these observances that erroneous impressions prevail in many families, and to an extent too, in some instances, that the most luscious peach, or apple, or bunch of grapes is regarded as that much embodied cholera and death. When will men learn to be observant and reflective.

## MISCELLANEOUS ITEMS.

Lying in bed with the Head high.—It is often a question among people who are unaquainted with the anatomy and physiology of man, whether lying with the head exalted, or even with the body, was most wholesome. Most, consulting their own ease on this point, argue in favor of that which they prefer. Now, although many delight in bolstering up their heads at night, and sleep soundly, without injury, yet we declare it to be a dangerous habit. The vessels through which the blood passes from the heart to the head, are always lessened in their cavities when the head is resting in bed higher than the body, therefore in all diseases attended with fever, the head should be pretty nearly on a level with the body; and people ought to accustom themselves to sleep thus to avoid danger.—Medical Journal.

ELBOW PRECAUTION.—A gentleman from Morrisania, had his elbow broken lately, while leaning his arm outside the car on the Harlem railroad. A similar accident befel another gentleman on one of the city cars not long ago. The proper place for the elbow in all vehicles, as at the table and public assemblies, is beside the owner's person; a knowledge and remembrance of this may save some reader of the Journal the price of twenty years subscription. Three-fourths of those who ride in the omnibusses and city cars, sit with the elbows projecting outside: about a year ago, a gentleman had his arm shattered in that position, at the corner of Centre and Canal streets. Another and more fatal form of accident is of almost weekly occurrence, which the delay of three seconds would infallibly prevent. I allude to jumping on and off the city horse cars while in motion, from the forward platform. If a man's time is of such immense importance that he must save a single minute at the cost of risking a limb or life, a delay of three seconds will give him a chance of jumping on the rear platform, while the car is passing; if he misses his mark, he has only to get up out of the mud and give his washerwoman an extra shilling or two, while the same "miss" at the forward platform would have thrown him under the wheels and cost him his life, as has just been the case with a city editor, whose very last editorial was said to have been on cautioning his readers against that very practice.

How much Sugar do we Eat!—A western paper states, that 1853, there were consumed in this country about 705,000,000 pounds of cane sugar, and 27,000,000 pounds of maple sugar. This gives more than 24 pounds of cane sugar and one pound of maple sugar to every man, woman and child. not include molasses or honey. If this sugar were put into barrels holding 200 pounds, and each barrel occupied the space. of three square feet only, it would require 336 acres of land for it to stand upon. The barrels, if placed in a row, would reach 220 miles. If the sugar was put up in paper packages of five pounds each, it would require 146,400,000 sheets of wrapping-paper; and if only a yard of string was used to each package, there would be required 439,200,000 feet, or 83,000 miles of string-more than three times enough to go round the world. If every retail clerk sold a hundred pounds of sugar each day, it would require nearly 25,000 clerks to sell it all in a year. If the dealers, wholesale and retail together, made a profit of only two cents a pound on this sugar, these profits would amount to nearly \$15,000,000.

How Much they Eat in New-York.—During the three months ending the 1st inst., two hundred and nineteen thousand six hundred and thirteen animals were slaughtered for food in New-York City. During the nine months of the year, the total number of animals offered up on the altar of appetite in that city, reached seven hundred thousand seven hundred and fourteen, or, at the rate of seventeen thousand nine hundred and sixty-six per week, or nearly one million per year! The population is about five hundred thousand—that is an average of two animals per year to each inhabitant. Not much starving in New-York, at this rate.—Albany Register.

HAPPY IS THE WOOING THAT IS NOT LONG ADOING.—An eminent writer says: "It is my firm opinion, derived from experience, that the period of courtship cannot be too short. I have reason to say, that when you have hooked your fish, the sooner you use your landing net the better."

To Avoid Smoke.—It is said, that if a silk handkerchief is wetted and placed over the face, a person may pass through dense smoke without inconvenience.

A FACT FOR OUR HORTICULTURAL READERS.—It has been discovered that for the generality of flowers, and more especially, for geraniums, and the most delicate specimens of the lily tribe, common glue, diluted with a sufficient portion of water, forms a richer manure than guano or any other yet discovered. Plants placed in sand on the worst soils, display more beauty and vigor when watered with this composition, than those grown in the richest mould and only sprinkled with water.

A Family of Opium Lovers.—Some six months ago, a person visited our town, asking money to purchase medicines for his mother, who was sick. Recently, the same solicitor has been around on the same errand for other members of the family. What success has attended his solicitations, we know not; but the object to which the funds are applied, is of so objectionable a nature that all should withhold their names, out of regard for the family, who are the slaves of a habit to which drunkenness the most degrading is a comparative blessing. The entire family, it is said, subsist for the most part on opium, or its exhilarating and soporific influence, and this fearful habit has been so long indulged as to have grown into a second life. The example of Coleridge before the world, who acknowledged it the basest and most destructive of vices, and at the same time the most absolute of tyrants should, we think, be a sufficient warning to all after-comers to avoid the drug; but here is an example of a whole family addicted to the habit: and it has brought upon them all its certain results-apathy. indolence, poverty, misery-and will eventually end in the most wretched death.—Elmira Republican.

FAMILY JARS.

Jars of jelly, jars of jam,
Jars of pottled beef and ham,
Jars of early gooseberries nice,
Jars of mince meat, jars of spice,
Jars of orange marmalade,
Jars of pickles, all home-made,
Jars of cordial elder-wine,
Jars of honey, superfine;
Would that only jars like these,
Could be found in families!

HAPPY MARRIAGES.—We clip the following official table from an English paper, giving a view of the connubial bliss in the city of London:

Runaway wives		1,132
Runaway husbands		2,348
Married persons legally divorced		4,175
Living in open warfare	١.	17,345
Living in private misunderstanding		13,279
Mutually indifferent		55,340
Regarded as happy		3,175
Nearly happy		127
Perfectly happy		13

N. B. The above census was taken by an old bachelor.—ED.

Secret of Comfort.—Though sometimes small evils, like invisible insects, inflict pains, and a small hair may stop a vast machine, yet the chief secret of comfort lies in not suffering trifles to vex one, and prudently cultivating an undergrowth of small pleasures, since very few great ones, alas! are let on long leases.—Sharp's Essays.

Delirium Tremens.—A boy, calling on a doctor to visit his father, who had delirium tremens, and not rightly recollecting the name of the disease, called it the *devil's trembles*, thus making bad Latin, but very good English.

JOHNNY CAKES.—Scald a quart of sifted Indian meal with sufficient water to make a thick batter; stir in a tablespoonful of salt; flour the hands well, and mould it into small cakes; fry them in fat enough nearly to cover them. When brown upon the underside they should be turned. It takes about twenty minutes to cook them. When done, split and butter them.

FRIED APPLES.—Wash them, cut in two, remove the stem and core, and unpealed put them into a pan with butter and some water, put on the lid, place them on a stove, stir them now and then until they are soft, but do not burn them. Sour apples do not fry well.

### INHALATION IN CONSUMPTION.

By means of extensive advertisements and certificates in the newspapers, public attention has been drawn to the subject. I should, perhaps, not have noticed it in these pages, but for the request of some of my subscribers. For some fifty years past, the treatment of affections of the lungs, by inhalation, has appeared, disappeared and reappeared, with locust-like regularity, but always with variations; a new substance being introduced at each new advent, so as to make it take. water, vinegar, oxygen, the effluvia of a cow-house, iodine, turpentine, alcohol, and many other substances, all have their day, and die, the patient as well as the treatment. If any method of inhalation was even of frequent success, if it cured one case in twenty, of actual consumption, no newspaper advertisement or certificate would be needed, and in three months the successful man's office would be besieged night and day, and no hundred men could despatch the business. The very fact that it is necessary to follow up the advertising system in the papers issued on Saturdays and Sundays, the latter being unfortunately the day when the newspaper is read over and over three or four times, advertisements and all, is conclusive evidence that the success of medicated inhalations is not sufficiently striking to keep its head above water without outside aid and influences. The best thing to be inhaled, either in consumption or bronchitis, in any and every stage, is pure out-door air, which costs nothing, and is not hard to take, being at the same time the natural food of the lungs, the natural purifier of the blood, and having been fashioned by the Almighty for the accomplishment of that object, one would think it was the best, and that there could be no substitute.

#### HOW TO AVOID CONSUMPTION.

Eat a great deal, and exercise a great deal in the open air to convert what you eat into pure, healthful blood. Do not be afraid of out-door air, day or night. Do not be afraid of sudden changes of weather; let no change, hot or cold, keep you in doors. If it is rainy weather, the more need for your going out, because you eat as much on a rainy day as on a clear day, and if you exercise less, that much more remains in

the system of what ought to be thrown off by exercise, and some ill result, some consequent symptom, or ill feeling, is the certain issue. If it is cold out of doors, do not muffle your eyes, mouth and nose in furs, veils, woolen comforters, and the like; nature has supplied you with the best muffler, with the best inhaling regulator, that is, two lips; shut them before you step out of a warm room into the cold air, and keep them shut until you have walked briskly a few rods and quickened the circulation a little; walk fast enough to keep off a feeling of chilliness, and taking cold will be impossible. What are the facts of the case; look at railroad conductors, going out of a hot air into the piercing cold of winter and in again every five or ten minutes, and yet they do not take cold oftener than others; you will scarcely find a consumptive man in a thousand of them. It is wonderful how afraid consumptive people are of fresh air, the very thing that would cure them, the only obstacle to a cure being that they do not get enough of it; and yet what infinite pains they take to avoid breathing it, especially if it is cold; when it is known that the colder the air is the purer it must be, yet if people cannot get to a hot climate, they will make an artificial one, and imprison themselves for a whole winter in a warm room, with a temperature not varying ten degrees in six months; all such people die, and yet we follow in their footsteps. If I were seriously ill of consumption, I would live out of doors day and night, except it was raining or mid-winter, then I would sleep in an unplastered log house. My consumptive friend, you want air, not physic, you want pure air, not medicated air, you want nutrition, such as plenty of meat and bread will give and they alone; physic has no nutriment, gaspings for air cannot cure you; monkey capers in a gymnasium cannot cure you, and stimulants cannot cure you. If you want to get well, go in for beef and out-door air, and do not be deluded into the grave by newspaper advertisements, and unfindable certifiers.

This number closes our first year's labors. We began without a single subscription, our receipts have more than paid our expenses, and we have not a delinquent subscriber. We have made a good array of pleasant acquaintances, from many of whom we have received, unasked, material and moral counte-

nance and encouragement, ending with a verbal and I believe a sincere "God speed you."

We think it most independent and best not to send the first number of the next year unordered to any present subscriber in or out of New York, unless to those with whom we are personally acquainted. If any one desires to take the journal, it is easy to hand a dollar to the Postmaster, who will order it, and if they do not desire it, it is easier to do nothing.

An Editor naturally feels that he has a claim on his subscribers, and certainly has a kindly attachment for them; I do and would drop the acquaintance of any one of mine regretfully. I trust that all will subscribe again, and that each one will send an extra dollar for a year's journal for their minister.

Four numbers will be sent for three dollars. For three dollars, two Journals and any two dollar weekly newspaper in New York will be sent for one year. The Journal and Harper's, or Putnam's Magazine for one year will be sent for three dollars, which is the annual subscription for either. If any present subscriber desires to drop the Journal, I recommend such to take the Scientific American of this city, or The Country Gentleman of Albany, as having more frequently valuable items in reference to health than any others, and what is more, such items are reliable.

# ADVERTISING NOTICE.

During Eighteen Hundred and Fifty Four, between twelve and fifteen thousand numbers of our Journal have been circulated throughout the country. There is not a state or territory in the Union which it does not visit, embracing all classes, but chiefly professional and public men, lawyers, physicians, clergymen, Professors and Presidents of Colleges, and a few farmers. It must, therefore, be a remunerative vehicle of advertising books, especially theological, medical, law and school books; the more so, as the Journal is stereotyped, and will be a permanently bound book, as good for reference years hence as to-day; therefore, we desire the advertisements only of established houses, such as are likely to be permanent, especially book-stores, hotels, druggists, apothecaries, and medical schools. This Journal could be supported wholly by advertising patent medicines, but we intend to give no aid or comfort to ignorance and imposture—it is on these that all patent remedies feed and thrive.

Progress and Prejudice. De Witt & Davenport, Publishers, 160 & 162 Nassaustreet, New York: 300 pp. By the Authoress of several other publications. Mrs. Gore is an English lady, whose writings have attracted considerable attention, the present volume being considered one of her best.

The Youth's Galaxy for 1854. E. H. Fletcher, 117 Nassau-street. A delightfully useful and interesting book for Youth, containing numerous engravings, pieces of music by Lowel Mason, and filled with instructive facts as to men and things. A healthful volume for the young. The public should patronize such publishers, and aid them in driving from the world the trashy absurdities called Jack the Giant Killer, Tom Thumb, Old Mother Hubbard and the like, whose readings are unmitigated nonsense.

PRESETTERIAN STANDARD. A monthly octave of 24 pages, at one dollar a-year. Paducah, Ky. Designed to illustrate and defend the doctrines of the Bible, as they are understood and maintained by the Presbyterian Church. A publication which may accomplish much good. I would be glad to see in some of the early numbers, three discourses lately delivered in my hearing, and which ought not to perish with a Sunday hearing; to wit, two discourses preached by "Addison Alexander," in this city in October, and one by "Wadsworth" in Philadelphia, on the last Sunday in October, from the text "As the face of man answereth," &c. Superior discourses to these I have never heard from Presbyterians, and seldom if ever their equals. Such sermons should live for ages for their far reaching, wide sweeping, and safe practical nature.

The Western Casket, St. Louis. By Rev. S. W. Hodgeman; containing a variety of religious matter, commendable both to the work and its Editor, and ought to be liberally sustained. A dollar monthly of thirty pages, devoted to Religion and Literature. Sometime ago, the Casket gave our "little" Journal a friendly notice. Considering that it is only six pages bigger than we, and that before we are as old we have arranged to double its size, we vote the expungement of the adjective. By the way, Mr. Casket, Wadsworth's "looking glass" sermon is apropos as noticed above. God's mirror, and man.

Mandeville's Elements of Reading and Oratory, 1854. By D. Appleton & Co 356 pp., 12mo., \$1. One of a series of school books, published by that eminent and enterprising firm. Of this series the St. Louis Board of Education says, "as a means of disclosing the true structure of our language, and pointing out the proper mode of parsing it, this series is believed to be altogether unequalled."

REID'S DICTIONARY OF THE ENGLISH LANGUAGE. By the same firm, 564 pp., \$1 Professor Henry, of the University of New York, says, "it is an admirable book for the use of schools, and seems to be executed in general with great judgment, accuracy, and fidelity.

For every day office reference, the Editor has consulted Reid's Dictionary from its first issue by Appleton, now nine years ago, using for fuller and more critical reference, Webster's and Richardson's quartos.



















